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Your essential daily news | THURSDAY, MAY 28, 2015

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EXPOSED TO TOXIC VAPOURS

A \$1.2-billion loss for the marine-based economy. A \$3-billion hit to the city's reputation. A new report says Vancouver faces these risks from a major oil spill. Story in **metroNEWS.**

ROYAL COLUMBIAN

Hospital upgrades prioritize mental health

The \$258.9-million plan for the first of three phases of re-development of the Royal Columbian Hospital was met with huge smiles and applause at its announcement Wednesday in New Westminster.

The first phase will include a 75-bed mental-health and substance-use facility, as well as Fraser Health's first dedicated geriatric psychiatry unit, designed for seniors requiring acute mental-health care.

"The stars have finally aligned. This is truly a great day," said Karen Matty, chairwoman of the Fraser Health board.

The new facility, Matty said, will reflect the most contemporary standards in patient-centred mental-health care, "from private rooms and exercise rooms to outdoor lounges where you might hear the birds sing, all to help people feel better faster."

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Man's car riddled with bullet holes during hike

VANDALISM

Vehicle owner disappointed by lack of police response



Thandi Fletcher
Metro | Vancouver

A Victoria man who went hiking on Vancouver Island last weekend was shocked when he returned to his car to find it had been violently vandalized.

Brodie Frehlich and his partner, Anna Planedin, parked their 2008 Volkswagen Golf on a rural logging road before hiking up Mount Arrowsmith near Port Alberni for an overnight camping trip Friday afternoon.

When they returned around 9:45 a.m. Saturday, they quickly realized they would not be driving the car home.

"I came off the trail and onto the road, and I noticed that my two rear tires were flat," Frehlich told Metro. "As I got closer, I noticed there were a couple of holes in the back window."

All of the vehicle's windows, except the windshield and front passenger side, had been smashed, three tires were deflated and there was a bullet hole in the body of the car. The couple then noticed several



Brodie Frehlich of Victoria found his vehicle riddled with bullet holes after returning from an overnight hike on Vancouver Island's Mount Arrowsmith on Saturday morning. COURTESY BRODIE FREHLICH

.22 calibre shell casings on the ground.

Frehlich, who had left some pricey photography gear and his wallet in the car, was thankful to find the doors were still locked and nothing was stolen.

He phoned Port Alberni RCMP to report the crime and was told an officer would call back. After waiting more than an hour, Frehlich phoned again. About 40 minutes later, an officer finally called back.

"He was polite and sympathetic but he said he wasn't coming out to check out the scene," Frehlich said.

"He said he suspected it was

probably just drunk or high teenagers vandalizing."

Frehlich said he was disappointed by the lack of a police response, especially considering the incident could have been potentially dangerous if there was someone sleeping inside the car.

He said the tow truck driver also told him vandalism was a serious problem there about three years ago, with some cars even getting torched.

Two days later, after photos Frehlich took of the bullet-riddled vehicle spread online, an RCMP officer called him back

and said they would be investigating.

Cpl. Jen Allan, spokeswoman for Port Alberni RCMP, said the detachment is reviewing why an officer didn't attend at first.

"It is our policy that we would attend a scene like that," she said. "That said, when we became aware of the incident, we did put a number of officers on the case."

Allan said she is unaware of any vandalism incidents in the area in recent years, but encouraged any other victims

to come forward to help police determine if there is a trend.

But Allan said she believes the incident was "simply an act of malicious vandalism."

In the meantime, Frehlich said he is still waiting for a final word from ICBC on whether the vehicle can be repaired.

"It was just disappointing and frustrating that somebody would be so careless and reckless," he said. "It just kind of makes me lose faith in humanity a bit when there's people that do that sort of thing."

CRIME

Suspect sought in assault

Police are searching for a suspect after a 21-year-old woman was allegedly sexually assaulted in her home on Vancouver's west side early Wednesday.

The incident happened around 6 a.m. when the woman, who was asleep in her bed in a home in the area of West 22nd Avenue and Macdonald Street, woke up to a stranger on top of her attempting to assault her, according to Vancouver police. Police said the woman managed to fight him off and he ran from the home. She then called 911. Officers searched the area for the suspect but were not able to find him.

He is described as an Asian man between 20 and 30 years old with a medium build who was wearing dark clothing and a mask over his face.

Police said the woman was not physically injured but is "understandably distraught." Investigators canvassed the area Wednesday searching for evidence and video related to the assault.

The attack comes two months after a 30-year-old woman was assaulted while jogging during the early morning hours on West 16th Avenue near Discovery Street. The victim managed to scream and fight him off, sustaining minor injuries in the process.

Anyone with information about Wednesday's assault is asked to call the VPD Sex Crimes Unit at 604-717-3117 or Crime Stoppers at 1-800-222-8477.

THANDI FLETCHER/METRO

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BUSINESS

Bitcoin still spends at Simon Fraser

Students at Simon Fraser University were able to buy textbooks using Bitcoin for the first time Wednesday, but it's not the first time the electric currency has made an impact on the school.

Last year, SFU became the first university in Canada to accept the electric currency through its donations program. Thanks to people like Scott Nelson, a class of '91 SFU grad and early Bitcoin advocate, the positive reverberations of that decision have been felt as far away as India.

"I donated \$6,000 worth of Bitcoin to the program, and that was used to help two health sciences co-op students," said Nelson, who runs his own crowd-funding website.

One of the co-op students, Laurie Macpherson, returned in January from Calcutta, where



Scott Nelson, left, and Max Walker beside a Bitcoin machine. ALICE D'EON/FOR METRO

she spent four months working in a program designed to improve the lives of women who are vulnerable to the human and sex-trafficking trade.

Macpherson said the use of Bitcoin was integral to the success of the mission. According to Macpherson, a lot of conventional marketplaces and currencies systematically keep impoverished people down.

ALICE D'EON/FOR METRO

HOUSING

Three-bedroom units pushed by city

In an effort to help the 8,000 families that live in studio or one-bedroom apartments in Vancouver have access to bigger homes, city council approved rules on Wednesday to encourage developers to build three-bedroom units.

The vote wasn't unanimous, but the Vision-dominated council was able to pass the regulations that waive development cost levies — fees that go towards city services such as parks, recreation and child care — for rental buildings that include three-bedroom units if builders promise to keep rents below certain levels and secure the units as rentals for 60 years or the life of the building.

Previously the incentive only applied to studio, one- and two-bedroom units.

A developer who spoke at

council said that discouraged his company from including three-bedroom units in the mix because they would lose the enticement for the rest of the building.

"Two bedrooms is just not big enough if you have a family of two or more kids," Westcorp Development Inc.'s Pat Jang said. "We cannot discriminate against these people based on family size."

While some councillors disagreed that developers need an extra incentive to build market rental housing and questioned whether such units can genuinely be labeled affordable, Vision councillors argued the long-term rentals add an option for people who cannot afford to own.

EMILY JACKSON/METRO

Risk of 'disastrous' oil spill is high: City

PIPELINE

Report says 1 million would be exposed to toxic fumes



Emily Jackson
Metro | Vancouver

A major oil spill in Vancouver's waters would be a catastrophe for the city's marine-based economy, a major hit to its green reputation and could potentially expose a million people to noxious fumes, according to evidence the City of Vancouver submitted to the National Energy Board on Wednesday.

"The impacts of a spill would be disastrous for Vancouver and the Lower Mainland," deputy city manager Sadhu Johnston told council Wednesday in a presentation that outlined the risks and effects of a spill should Kinder Morgan get the green light to nearly triple its Trans Mountain pipeline to ship diluted bitumen from Alberta to Burnaby, where the oil is transferred to tankers.

The city's expert evidence flies in the face of Kinder Morgan's risk assessment, which found a very low risk of a pipeline or tanker spill.

But the city's experts found there is a 79 to 87 per cent risk of a spill at the terminal or in Burrard Inlet over a 50-year period.

In a major spill, up to one million people would be exposed to toxic vapour and up to 31,000 exposed to benzene levels high enough to cause



A spill response boat monitors a boom placed around the bulk carrier cargo ship Marathassa after a bunker fuel spill on Burrard Inlet in April. DARRYL DYCK/THE CANADIAN PRESS

health risks.

A major spill could cause \$1.2 billion in economic losses for tourism, beaches and marine industries. And it could hurt Vancouver's green brand by up to \$3 billion.

The research also takes issue with the business case for the pipeline and the NEB process.

"This is a bad deal for Vancouver," Mayor Gregor Robertson said after hearing the report. He doesn't have much confidence in the NEB process, but hopes the board takes the city's evidence seriously in



This is a bad deal for Vancouver.

Mayor Gregor Robertson

face of the "absolutely unacceptable risks."

Trans Mountain expansion spokeswoman Ali Hounsell said Wednesday she was not surprised that the city provided evidence to support its opposition to the project.

The company stands by its risk assessment and is confi-

dent in its business plan since shippers have signed 20-year contracts for space on the pipeline, Hounsell said.

"At the end of the day, there are two pieces of evidence here ... the NEB will determine what is the credible worst-case scenario," she said.

In response to the city's survey that found the majority of residents oppose the expansion, she said it's important the public has confidence in the NEB process and that people directly affected have a voice, but noted "it's not a popularity contest."

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Clark 'should come clean'

HEALTH FIRINGS

NDP renews calls for public inquiry, allege cover-up



Matt Kieltyka
Metro | Vancouver

Premier Christy Clark was urged once again to launch a full public inquiry into the controversial firing of eight health employees, one who later took his own life, on Wednesday.

In Victoria, NDP MLA Adrian Dix publicly released the full, unredacted version of lawyer Marcia McNeil's investigation into the 2012 firings and then pressed Liberal ministers over the government's response in the Legislature.

He alleged, based on the evidence in his report and his own sources, that government attempted to smear the health researchers by linking them to an RCMP investigation (which never fully



British Columbia Premier Christy Clark speaks in Vancouver, B.C., on Jan. 26. THE CANADIAN PRESS

launched) and then said senior government officials refused to take responsibility when questioned during McNeil's investigation.

"How is it acceptable to the premier where people appointed by her are point-

“What I’m looking for is a truthful account.”

NDP MLA Adrian Dix

ing the finger at each other in a case where someone died?” asked Dix. “The premier should come clean, independently, about what happened. What I’m looking for is a truthful account.”

McNeil was not able to ques-

tion officials under oath during her investigation, which is why an inquiry is required to get to the truth, Dix said.

Speaking to media, Clark repeated the government's regret over the wrongful terminations but said government has already taken action.

“The firings are something that the health minister and me have both apologized for. Government made serious mistakes in that process, there is just no question about it,” Clark said. “My point of view is we have to make sure that these kinds of mistakes don't happen, and that's why we sought the (McNeil) review and that's why we've acted on the results of the review.”

The employees, within the pharmaceutical services division, were originally fired for alleged abuses in handling drug research information.

However, all the fired employees have since being reinstated or have settled with government, with the exception of Roderick MacIsaac, who died months after the firing by suicide.

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Alleged car race leads to crash in Surrey

A car with four people in it ended up wedged underneath a semi truck trailer in Surrey as a result of a street race, police allege.

Surrey RCMP say they were called to the intersection at 176th Street and 16th Avenue at 11:40 on Tuesday night, where witnesses saw two cars racing each other at high speeds.

As the cars approached the intersection at 16th Avenue, police say a tractor trailer on 176th Street entered the crossing on a green light, causing one of the cars to take evasive action and narrowly miss the truck.

The second car, a grey Honda Accord, struck the trailer and was wedged underneath it.

A Jaws of Life was required to remove four people from the car, all youth in their late teens who were rushed to hospital with non-life threatening injuries. Police are now investigating.

MATT KIELTYKA/METRO

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Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than June 7, 2015.

PLEASE QUOTE: “DIGITAL SALES SPECIALIST — Vancouver” in the Subject Line. All submissions will be treated as confidential.

metro

IN BRIEF

Transit plebiscite voter turnout under 45%

Fewer than 45 per cent of Metro Vancouver residents have voted in the transit plebiscite as voting ends Friday.

Elections B.C. released its weekly vote count on Wednesday, confirming it has received and screened 698,900 ballot packages since March 16.

That accounts for 44.7 per cent of the 1.56 million residents registered to vote in the plebiscite on a 0.5 per cent Congestion Improvement Tax. Voting ends at 8 p.m. Friday.

The officers are located at Capilano Mall, Central City Mall, Chinatown Plaza, City Square Shopping Centre, Coquitlam Centre, Haney Place Mall, Lougheed Town Centre, Richmond Centre Mall, and Willowbrook Shopping Centre.

The region's mayors hope to use the regional sales tax to fund its share of a proposed 10-year, \$7.5 billion transit plan that includes a subway along Broadway in Vancouver, light rapid transit lines in Surrey, a replacement for the Pattullo Bridge and region-wide improvements to roads and public transit service. MATT KIELTYKA/



Students and volunteers handed out food to thousands at the Vancouver Art Gallery on Wednesday. ALICE D'EON/FOR METRO

FEEDING 5,000

Free lunch, lesson on food wastage

Alice D'Eon
For Metro | Vancouver

Volunteers and culinary students came together to feed a free lunch to more than 5,000 people outside the Vancouver Art Gallery Wednesday, with the aim of educating folks on how to waste less food.

Chef Don Guthro, of North Shore Culinary School, cooked up the idea for the event, the first of its kind in Canada. Students from the school prepared enough food for 5,500 people, using food that was soon to be thrown out by various farms, grocery stores and restaurants in and around Vancouver.

“Recovered food doesn't mean dumpster diving,” said Les Balmes the manager of operations at North Shore Culinary School. “Food is being thrown away because it doesn't fit the mold of what's a perfect vegetable, what's a perfect fruit,” said Balmes.

According to Kelly Hodgins, a student from Guelph University and a volunteer with the Feeding the 5000 event, research has shown that on a household level, most Canadians are wasting 4.5 kilograms of food per week. “64 per cent of that waste is avoidable, and that comes down to our own poor planning and lack of knowledge,” said Hodgins, who was dishing out tips and tricks for keeping food longer.

House prices continue to soar in Vancouver to \$1.27 million average price...Who Cares?

As housing prices continue to rise in Vancouver, this Canadian Real Estate Millionaire wants to share his new way for creating passive income through real estate with you. He'll even let you use his investment fund to finance up to 95% of your income property!

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And if you have ever wanted to explore Real Estate Investing but you were concerned by the soaring house prices in Vancouver,

you're going to love this FREE training. This Mystery Multi-Millionaire's system lets you get profit-generating properties – in major US tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to come to this event:

- Many parts of the US have not fully recovered from their recession, it is time to seize those opportunities now!
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate and his students' success just makes his success even greater. He's breaking his back to share his system with Canadians just like you because it works – and it can work for you.

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You're asking – who is this Multi-Millionaire, and why does he want to help me? He can tell you himself...



If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

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— Steeve R., Montreal, QC



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— Lana, Montreal, QC



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BACKSTAGE PASS

Music and dance all part of Small Stage Canada

Graeme McRanor
Metro | Vancouver

So some writer in *The Economist* — you know, the magazine that regularly reminds the world it exists by trolling cities and journalists with those meaningless “most livable cities” lists — called Vancouver (and some other most-livable places) “mind-numbingly boring.”

Cue the outrage.

Of course, most people won't bother reading said offending blog post. If they did, well, they'd probably be less offended.

Here's what the writer was getting at: “Cities strive to become nicer places in which to live. Yet the more they succeed the less interesting they

become.”

Interesting conundrum. And most likely true, particularly if your definition of “interesting” is getting stabbed during a botched drug deal, or if you like to watch a pile of tires burn on a litter-strewn street in front of a bullet-ridden warehouse with “Anarchy” spray-painted on one of its many boarded-up windows.

Oh, look, a pig-sized rat. Interesting.

Which reminds me: Chinatown. Historically, one of the most interesting neighbourhoods in Vancouver, even without all the opium dens and gambling rooms that thrill-seeking *Economist* staff writers surely frequented back in the day.

These days, of course, it's home to the Emerald lounge, which next week hosts an avant-première for Small Stage Canada, a new program of paired music and dance that the Vancouver-based series will present at Ottawa's National Arts Centre in June.

“It's a dream and a privilege to present Small Stage



Small Stage Canada premieres at The Emerald in Chinatown, June 2-4. CONTRIBUTED

Canada to a national audience at the Magnetic North Theatre Festival,” says artistic producer Julie-anne Saroyan.

“For Small Stage Canada — my biggest undertaking in 10 years — this highly-theatrical program, performed by a na-

tional line-up of performing artists, will offer a bold, no-holds-barred comment on Canada's political climate.”

+ DETAILS

- **Where:** Small Stage Canada is at The Emerald (555 Gore Avenue) in Chinatown
- **When:** June 2-4.
- **Tickets:** \$20

More information at SmallStage.ca.

The Vancouver preview will feature an eclectic mix of talent, such as Patrick Pennefather, Chengxin Wei, Vanessa Goodman, Dayna Szydrowski, Burgundy Brixx, Jonathan Ryder, and Karissa Barry. And the evening will be emceed by the always entertaining Billy Marchenski.

Also of note: Small Stage Canada gets its inspiration from Weimar Cabaret, a performance style made popular in Germany in the late-1920s, which, after decades and decades of repressive government, embraced liberal ideas and new forms of expression.

It was, reportedly, a very interesting time.



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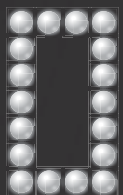
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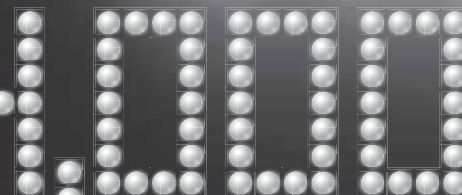
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hwy / city 100km*: 6.3L/8.8L



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2015

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ALBERTA WILDFIRES

Residents returning home

Emergency officials have lifted all evacuation orders for communities threatened by wild fires in northern Alberta.

About 5,000 people who were told to leave their homes earlier this week are in the process of returning to their homes.

Scott Long with the province's Emergency Management Agency says fires near Wabasca and Slave Lake are being held.

He says residents have been advised that fire conditions could change and they may have to leave again.

The fire outlook throughout the province has been rated severe through the end of the week due to hot and dry weather.

A provincewide fire ban is still in effect, along with air quality advisories for Edmonton and areas north of the city.

As of Wednesday, there were 63 fires burning in Alberta and 13 were considered to be out of control. A blaze near Cold Lake remained out of control, threatening the only access road into some oil sands sites.

THE CANADIAN PRESS

+ THE BLAZE

More than 600 firefighters were working directly on the wildfires and the government was considering putting a call out for reinforcements.

About 100 firefighters from Ontario and water bombers from Quebec have gone to help.

THE CANADIAN PRESS



A radiologist checks mammograms for breast cancer in Los Angeles. The total number of Canadians who will receive a cancer diagnosis will rise over the next 15 years, a report from the Canadian Cancer Society predicts. THE ASSOCIATED PRESS

Cancer cases to rise 40%: Report

HEALTH

Demographics will fuel the increase, says cancer society

The annual number of new cancer diagnoses in Canada will increase by 40 per cent by 2030, the Canadian Cancer Society predicted in a report released Wednesday. At first blush, that projection seems alarming.

But the cancer society was quick to point out that demographics will fuel the increase, not a heightened risk in developing the disease.

Most cancers are diagnosed in people who are between the ages of 50 and 79, and the massive baby boom generation is now squarely there. As well, the projected growth of Can-

ada's population will contribute to the increase in numbers of cancer cases.

"This is about (the fact that) Canadians are living longer," said Robert Nuttall, the cancer society's assistant director for cancer control policy.

"The population is aging and it's growing. And overall this is going to add to the sheer volume of cancer patients being diagnosed in Canada. But that overall risk, that proportion of Canadians who are diagnosed, isn't going to change over this period."

Neither will the risk of dying from cancer, according to the predictions. Improvements in treatments and screening programs that lead to early diagnosis of some forms of cancer have resulted in a steady decline in the percentage of cancer cases that are fatal.

Given that the projections

78,000

The estimated number of Canadians who will die from cancer in 2015.

don't anticipate a rise in individual risk, should Canadians be worried about the estimates? Dr. Eva Grunfeld, a physician scientist with the Ontario Institute for Cancer Research, said concern should focus on whether the country's health-care systems will be ready to cope with all the additional cases.

That is the message the cancer society is trying to get out through the release of this report, which was prepared in collaboration with the Public Health Agency of Canada and Statistics Canada.

THE CANADIAN PRESS

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INDONESIA PROTESTERS DEMAND END TO VIOLENCE AGAINST ROHINGYAS IN MYANMAR

Indonesian Muslim protesters burn a mannequin representing Myanmar's radical Buddhist monk Ashin Wirathu during a protest Wednesday demanding an end to the violence against ethnic Rohingyas in Rakhine State, outside the Embassy of Myanmar in Jakarta, Indonesia. In the last three years, hundreds of minority Rohingya Muslims have been killed and hundreds of thousands of others are now living under apartheid-like conditions in crowded camps or forced to flee their homes to avoid persecution in Buddhist-majority Myanmar.

ACHMAD IBRAHIM/THE ASSOCIATED PRESS

FIFA execs facing corruption probe

SOCCER

Decision to award World Cups to Russia, Qatar queried

The U.S. government launched a corruption attack on soccer's global governing body Wednesday, pulling FIFA executives out of a luxury Zurich hotel to face racketeering charges and raiding regional offices in Miami.

Swiss officials also invaded FIFA headquarters, seizing records and computers to investigate whether the decisions to award World Cups to Russia and Qatar were rigged.

Scandals and rumours of deeper corruption have dogged FIFA throughout the 17-year reign of its president, Sepp Blatter, but he was not named in either investigation. He is scheduled to stand Friday for re-election to a fifth term, and the organization said the vote would go ahead as planned, despite the

latest turmoil.

FIFA also ruled out a revote of the World Cup bids won by Russia in 2018 and Qatar in 2022.

"We welcome the actions and the investigations by the U.S. and Swiss authorities and believe that it will help to reinforce measures that FIFA has already taken to root out any wrongdoing in football," Blatter said in a statement.

The organization said it was co-operating fully with the investigation.

Authorities conducted early morning raids in Zurich at FIFA headquarters and the five-star Baur au Lac Hotel downtown in the investigations. In Miami, evidence was seized at the headquarters of CONCACAF, the governing body of North and Central America and the Caribbean, whose past and current presidents were among 14 defendants under indictment for corruption.

Swiss police arrested seven soccer officials at the request of American prosecutors and threatened them with extradition to the U.S. Four other soccer and marketing officials agreed to

“

Two generations of soccer officials ... used their positions ... to solicit bribes from sports marketers.

U.S. Attorney General
Loretta E. Lynch

plead guilty.

American prosecutors said they will seek forfeiture of more than \$151 million the government alleges was illegally obtained. THE ASSOCIATED PRESS

+ BRIBES

The case involves bribes totalling more than \$100 million linked to commercial deals dating back to the 1990s for soccer tournaments in the U.S. and Latin America.

RENEWING RIVERVIEW

IMAGINE THE POSSIBILITIES



BRITISH COLUMBIA BC Housing

THE FOURTH OPEN HOUSE FOR THE RIVERVIEW LANDS VISION PROCESS WILL FEATURE A PANEL OF WELL KNOWN EXPERTS.

The Panel will discuss major themes stakeholders and the public have expressed the greatest interest in. This includes mental health and wellness, complete communities and economic sustainability.

Our Panel will be moderated by **Gordon Price**, Director of the City Program at Simon Fraser University. Panelists include:

- **Dr. Julian Somers** – Professor of Health Sciences, SFU and former Director of the SFU Centre for Applied Research in Mental Health and Addiction
- **Darrell Burnham** – CEO of Coast Mental Health
- **Brent Toderian** – President, TODERIAN UrbanWORKS and former Chief Planner at the City of Vancouver
- **Tsur Somerville** – Director at the UBC Centre for Urban Economics and Real Estate

EVENT DETAILS

Date: Wednesday, June 10, 2015

Time: 6:30pm - 7:00pm - Sign In
7:00pm - 7:10pm - BC Housing Introduction
7:10pm - 9:30pm - Panel Discussion

Place: Executive Plaza Hotel, Coquitlam
405 North Rd, Coquitlam

CONTACT US

Highlights from the panel discussion will be posted online at **www.renewingriverview.com**.

For more information, please contact us at:

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Giant firms mentor small rivals

CORPORATE TRENDS

Executives say they can learn from newer competitors

Imagine a world where David and Goliath are best buds. Well, it's becoming reality more frequently in the busi-

ness world.

Boston Beer Co., maker of Sam Adams, mentors and lends money to small craft brewers. It hopes their sales will grow and take grocery store shelf space from brands like Budweiser, Miller and Coors.

Instead of feeling threatened and trying to crush smaller rivals that could take revenue from them, corporations

like Microsoft Corp., Boston Beer and General Mills Inc. are mentoring and loaning money to smaller companies. It's an arrangement that has benefits for both sides.

Executives at big corporations are starting to realize they can learn from younger and smaller competitors, according to a survey by Business Performance Innovation Network, a professional net-

working organization.

More than half the executives surveyed said large companies can learn from smaller competitors about focusing on and listening to what customers say they need.

A third said large companies can learn about being willing to fail and take non-traditional approaches from smaller rivals.

THE ASSOCIATED PRESS



Mark Hirsch of Creative Worx and Dan Bloom of Slope get work space, technical advice and feedback from Microsoft employees as part of the Ventures program. THE ASSOCIATED PRESS

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FOSSIL FUEL

Divestment call falling on deaf ears in Canada

Scott Vrooman says he wants Dalhousie University and Queen's University to stop investing in fossil fuel companies — so much that he's willing to tear up his degrees from the institutions if they don't change their policies.

The writer and comedian made the promise to pressure the schools to sign on to a global movement calling for a total divestment of fossil fuels.

"If you're an institution that claims to be working in the public interest, you can't do

that ... because torching the climate isn't in the public interest," said Vrooman.

The fossil fuel divestment movement, started by environmental group 350.org in November 2012, has started to gain traction abroad but so far failed to take hold in Canada.

Last fall, Dalhousie University rejected calls to divest of fossil fuels, while the University of Calgary pre-emptively said it was not looking at making changes to its investments.

THE CANADIAN PRESS

IN BRIEF

Interest rates stay same

The Bank of Canada said Wednesday it is keeping its trendsetting interest rate locked at 0.75 per cent because inflation has been in line with projections and consumption has held up relatively well — even with the negative effects of lower oil prices.

THE CANADIAN PRESS

market minute

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ROSEMARY WESTWOOD

metroview

“People who don’t think Vancouver is boring, like boring.”

Vancouver is the bimbo of Canada. Good-looking, sporting a smile, the city makes you feel better just by looking at it. Except the more time you spend together, the more you realize no one’s home. As in, they’ve hit the mountains for the weekend.

The Economist’s travel blogger, Gulliver, recently dubbed the city (and Vienna and Geneva) “mind-numbingly boring.”

In a column bemoaning the loss of the gritty city, he calls Vancouver highly livable and, thus, highly dull, with little danger and few surprises.

That left the mayor indignant.

“It’s true that Vancouver lacks the stressful vibe of cities where guns, muggers and freeways threaten one’s daily existence,” Mayor Gregor Robertson told media, but it compensates with “deep culture, breathtaking nature and intense recreation.”

He’s likely unaware of how boring “intense recreation” sounds. And his point — hey, we have nature! — isn’t the point of a city at all.

Vancouver is where people sleep between gnarly mountain bike rides and kitesurfing. It lacks a concentration of urban wildlife — the guy with a giant pet lizard clinging to his shirt, the 24-hour gay club you notice thanks to smokers huddled by an unmarked door at 8 a.m. and then at 11 a.m.

The piano-playing bartender who’ll soon be hosting a concert in his living room.

Yes, Vancouver has the Downtown Eastside. But one very dynamic neighbourhood doesn’t make an adventurous city. Even the underground music scene was literally forced into underground parkades after bylaws (more plentiful than Lululemon pants) closed down a slew of music venues, spawning the 2010 documentary No Fun City.

Maybe it’s still young, but the city lacks soul. Even my Vancouverite brother agrees: “It’s nice, but it lacks an edge. Everyone’s like, ‘Aren’t you happy all the time? Isn’t this wicked?’ It’s like no, it’s not a wicked day. It sucks.” (He said this before heading out for an evening of “killer” sailing).

People who don’t think Vancouver is boring, like boring. Unlike Gulliver, they’re not excited by mystery. Pleasant, even bland, is good.

Vancouver is like the pretty, popular kids in high school who lack substance, my sister-in-law noted. Research has backed up this cliché: beautiful people strive for conformity and self-promotion over independence.

Sound like anyone you know, Vancouver?

It’s OK, though, because no one can have it all. You’ve got the looks (and the playtime that goes with them). Leave mystery to the rest of us.

Pensions: Inside the flip-flop

POLITICS

Chantal Hébert



In the dying days of a third mandate, federal Finance Minister Joe Oliver is about to spend the last summer before the October election consulting the provinces on a public pension reform that all governments, including his own, dismissed as unworkable five years ago.

When the idea of allowing Canadians to make supplementary voluntary contributions to the Canada Pension Plan in order to enhance their retirement benefits came up in 2010, former MP Ted Menzies was the parliamentary secretary to the minister of finance, Jim Flaherty.

Both trashed the notion. “We have ruled out ideas we collectively determined cannot work,” Menzies told the House of Commons. “The verdict was unanimous. This was not a good idea.”

“We reject a voluntary plan because that would very much disturb the work of the Canada Pension Plan, which operates on a different basis,” Flaherty explained.

What the then-finance minister had in mind was, in his own words, “a modest, phased-in increase on the mandatory side.”

Ottawa and the provinces spent the following years discussing pension reform until Flaherty summarily shut

down the talks in December 2013. By then a number of provinces were sold on increased mandatory contributions to the CPP and an attending expansion of pension benefits. Indeed, Ontario’s Liberal government had signalled that it was ready to go it alone.

If Flaherty needed a political incentive to walk away from the federal-provincial table, that Ontario commitment was it. At the time, Conservative strategists believed (wrongly) that the provincial Liberals would be clobbered at the polls if they went ahead with a supplementary Ontario pension plan.

As of the termination of the federal-provincial talks, Flaherty’s initial goal of raising the mandatory contributions became — in the words of his own government — a “job-killing, economy-de-stabilizing, pension-tax hike.” The rhetoric endures to this day.

But it was only on Tuesday that Harper’s government came full circle and embraced the voluntary plan it had argued against in the past.

The last federal budget was silent on pension reform. The net result of that omission is that when Oliver comes calling in the provincial capitals this summer, it will mainly be in his capacity as the Conservative candidate for the Toronto riding of Eglinton-Lawrence.

He will be peddling a Conservative election promise.

One of the many provincial venues where he can expect a cool reception is Queen’s Park.

The reality is that Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

In contrast with Oliver’s scheme — which is geared to those who do save — the proposed Ontario plan addresses that fundamental issue. And, in contrast with Oliver, Premier Kathleen Wynne has secured an electoral mandate to implement it.

Still, the ruling Conservatives expect that the voluntary nature of their proposal will make it an easier sell on the campaign trail than the opposition parties’ contention that a universal increase in contributions (and benefits) is in order.

It may help fend off the perception that their last budget — with the doubling of contributions to tax-free savings accounts (TFSAs) — was crafted to benefit the more affluent few rather than the more cash-strapped majority of working Canadians.

But it also sends a different, less attractive, message about the current Conservative mindset. In order to regain momentum in voting intentions and make it back to the magic threshold of a majority victory, the government is scrambling for rabbits

Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

— whether they are dead or alive — to pull out of its hat.

On Tuesday, the rabbit took the shape of a summer tour of the deserted provincial legislatures designed to create the appearance of action on pension reform.

On Monday, National Post columnist John Ivison reported that another GST cut is under consideration.

That too never came up in the April budget, and for good reason. There is nothing in the latest fiscal forecast presented by the Harper government that suggests it can afford the \$7-billion price tag of another GST cut anytime soon, if ever.

Increasingly it seems the Conservative party is ready to make election promises that the Conservative government knows it can’t or should not implement.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Elizabeth Arden Introduces Prevage National Week May 23-29, 2015

How a porn star is born

NETFLIX

**Documentary
digs deep into
why women
choose the sex
industry**



**Ned
Ehrbar**
Metro | Life

Hot Girls Wanted directors Jill Bauer and Ronna Gradus stumbled upon the subject of their Sundance-lauded documentary completely by accident. The duo were looking to follow up on 2012's *Sexy Baby* (which explored how pop culture, pornography and social media affect young women) by exploring the male version of that experience. But in their research, a much more interesting story dropped in their laps.

"We ended up getting access to a porn recruiter's house in Miami," Gradus explains, about the origins of the doc that debuts Friday on Netflix. "There's this recruiter, he posts ads on Craigslist and then small-town girls who want to get out of their towns click on these ads and get a free plane ticket to Miami and then a week later they're on a porn set. We just thought, 'Whoa, this is the story.' The boy version of *Sexy Baby* is on the back burner, and we just ran with this one."

Given that two feature documentaries in a row for Gradus



A still from *Hot Girls Wanted*, an upcoming Netflix documentary by directors Jill Bauer and Ronna Gradus and produced by Rashida Jones. NETFLIX

and Bauer have brought them into contact with the adult film world, they've become unexpected experts in the field, able to chart the changes to the industry. "The way that porn is being consumed online is the death of the porn studios," Bauer says. "A full-length feature porn film barely exists anymore. So much porn is free, so it doesn't pay for these companies

to put a lot of money into production. This generation that's grown up with watching porn clips, would they even have the patience to watch a narrative story unfold? Maybe not, I don't know."

The directing duo has been trying to get to the bottom of central question of why so many young girls go in for pro-am porn in the first place.

"There's not so much of a stigma now," Gradus admits. "But also, they are impulsive. They're 18, they don't think about it, they don't think that their dad's friend from work is going to have seen them. If the legal age that a girl could do this was 21 — the drinking age — it would probably be a huge bummer for the porn industry, I would just imagine."

Bauer concurs, but thinks there's another factor at work that has a lot to do with Kim Kardashian. "They feel a little bit of protection, naively. Like, 'There are so many girls, nobody's going to find me,'" Bauer says. "But of course everybody back home always finds out. But also they've grown up in a time when famous people made sex tapes."

“

If the legal age that a girl could do this (porn) was 21 ... it would probably be a huge bummer for the porn industry.

Director Ronna Gradus

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Elizabeth Arden
NEW YORK

*Bahman, G et al (2009), Factors Contributing to the Facial Aging of Identical Twins.
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Dating with genital herpes

SEX INFORMATION

Two women share their struggle to find love after STI diagnosis



Thandi Fletcher
Metro | Vancouver

Amanda had just started dating again after ending her marriage when she found out she had genital herpes.

The 30-year-old from Vancouver, whose name has been changed to protect her privacy, thought she would never find love again.

"I was totally devastated," she told Metro. "I went through a grieving process and cut myself off from everyone for about a month."

Genital herpes is a common sexually transmitted infection. According to data collected through the Canadian Health Measures Survey, as many as one in seven Canadians aged 14 to 59 may be infected by herpes simplex virus 2, one of two viruses responsible for the infection.

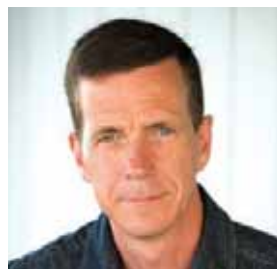
Compared to many other sexually transmitted infections, herpes is relatively harmless. The infection may cause painful sores, a slight fever, swollen lymph nodes and body aches, but in many cases, people don't experience any symptoms. Only in extremely rare cases can the virus result in serious infections.

Still, herpes has a social stigma attached to it that for many sufferers is worse than the actual infection. According to a 2006 online poll conducted by pharmaceutical company Novartis, the stigma surrounding



The stigma is simply unjustified

Alex McKay, Sex Information and Education Council of Canada



Alex McKay, executive director of the Sex Information and Education Council of Canada, says the stigma still attached to herpes is "rooted in ignorance." CONTRIBUTED

herpes is second only to HIV.

Alex McKay, executive director of the Sex Information and Education Council of Canada, blames the stigma attached to herpes on ignorance.

"The stigma is simply unjustified," he said. "It is by and large rooted in ignorance. The vast majority of Canadians have very little, if any, understanding of ... herpes."

McKay said the percentage of the population with herpes is "huge," but most people don't know they carry the virus. While having many sexual partners does carry increased risks of acquiring any STI, herpes can spread between partners in long-term relationships just as easily, he said.

"Many of the people who may be making jokes about herpes may in fact have it themselves and they are unaware of it," said McKay. "The idea that people who have active genital herpes infections acquired it either through pro-

1 in 7

AS MANY AS ONE IN SEVEN CANADIANS AGED 14 TO 59 MAY BE INFECTED WITH HERPES SIMPLEX TYPE 2 VIRUS

94%

NINETY-FOUR PER CENT OF PEOPLE WHO TESTED POSITIVE FOR ANTIBODIES AGAINST HERPES SIMPLEX TYPE 2 VIRUS WERE UNAWARE OF THEIR STATUS

6%

ONLY SIX PER CENT OF CANADIANS WHO TESTED POSITIVE FOR HERPES SIMPLEX TYPE 2 VIRUS WERE AWARE THAT THEY CARRIED THE VIRUS

miscuous sexual behaviour is completely false."

That was the case for Melanie, 32, of Kingston, Ont., who became infected with herpes during a two-year relationship with the man she thought she would marry.

Melanie, whose name has also been changed to protect her privacy, said her ex-boyfriend told her soon after they started dating that he had herpes. Despite taking steps to prevent transmission, she also became infected.

When the relationship ended, Melanie said she now faced the daunting task of having

to disclose her infection to potential new partners. For two years, she didn't date, and when she finally did, Melanie said she felt she had to justify how she became infected.

"It has such a negative connotation with it, of being promiscuous or taking risks," she said. "That's the hard part."

Vancouver's Amanda says she tried using a dating website that caters to people with genital herpes but found the selection of potential partners to be limited.

"The most frustrating thing is that in our dating culture, it's normal to just jump into

bed with people you hardly know," she said. "And sometimes I have to tell them (I have herpes) before I am ready to because of that."

After her diagnosis, Amanda said she felt little in the way of support due to the stigma.

She reached out to friends and family but said she felt people didn't really understand what she was going through. Others "weren't all that sympathetic," she said. Even her doctor brushed off her request for advice, telling her to look on the Internet for information.

Frustrated, Amanda said it wasn't until she found a local support group that she finally realized it would be possible to date again.

Amanda said she hopes sharing her story can help inform more people about herpes and help break down the stigma.

"Herpes itself is such an insignificant illness," she said, "but it causes so much pain because of all of the social barriers caused by it."

+ VIRUS FACTS

What is herpes and how common is it?

Herpes is an infection caused by the herpes simplex virus, or HSV.

There are two types of HSV that cause infections. HSV-1 generally causes oral herpes, commonly known as cold sores, while HSV-2 causes genital herpes.

However, there is mixing between the two, with HSV-2 causing oral herpes and HSV-1 causing genital herpes, said Dr. Jason Wong, physician epidemiologist at the B.C. Centre for Disease Control.



Condom use reduces but does not eliminate the risk of infection. ISTOCK

Although condom use reduces the risk of contracting the virus, which spreads through skin-to-skin contact even when sores aren't present, it does not eliminate the risk of infection.

When someone becomes infected, Wong said the virus lives in the nerves where it stays dormant most of the time.

Occasionally, the virus becomes active — usually triggered by stress — and travels to the surface of the skin where it reproduces itself, Wong said.

That can result in a painful sore on the skin, he said, but sometimes a person does not have any symptoms. That makes it difficult to estimate the prevalence of herpes infection, he said.

According to data collected as part of the 2009 to 2011 Canadian Health Measures Survey, 13.6 per cent — or one in seven — Canadians aged 14 to 59 have antibodies against HSV-2. Still, 94 per cent of those who tested positive were unaware of their status.

Disclaimer: Although both women interviewed for this feature agreed the stigma surrounding herpes should be broken down, both requested to be quoted as anonymous sources as they feared for the repercussions of speaking publicly about their infections.



Eggs won't harm your health via cholesterol, according to a recent dietary report from the U.S. ASA DAHLGREN/TORSTAR

Eggs, bacon not so bad after all

DIETARY GUIDELINES

It's sunny side up for eggs when it comes to cholesterol

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Yippee! You can eat eggs again!

Until now it's been "common knowledge" that eating eggs and other foods containing saturated fat would raise your cholesterol levels. But a storm has been brewing for years as evidence to the contrary emerged.

Now, this year's dietary guidelines published by the U.S. government are set to reverse the long-held recommendations regarding high-cholesterol foods, which asked people to limit their intake to 300 mg/day. That's

because according to a recent report from the Dietary Guidelines Advisory Committee, evidence shows there is no relationship between consumption of dietary cholesterol and blood cholesterol.

Here's the lowdown:

- Your liver manages the cholesterol in your body.
- Cholesterol is a necessary substance in the formation of cells and the management of hormones.

- Your liver decides how much you need and whips up more or less as necessary.

- Only 20 per cent of your cholesterol level is affected by dietary changes.

So what does this mean for your burger, bacon and eggs, baby back ribs lovin' self?

- You can enjoy eggs and the occasional high-saturated fat food without fearing it will harm your heart via cholesterol.

- You still can't indulge in BBQ every day as there are other downsides to cooked meat

Cholesterol is not a nutrient of concern for overconsumption

Scientific Report of the 2015 Dietary Guidelines Advisory Committee

- The calories and sugar in a rib dinner will still get you in the end (or the on the love handles)
- Butter is better than margarine.

- Sugar is now and always was the real enemy. It will contribute to poor cholesterol.

If you are currently on cholesterol lowering medication, talk to your doctor. But know that changing your diet won't cure your cholesterol.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

LACK OF PATS

Japan can't supply butter to meet domestic demand

Japan was bracing this week for a severe butter shortage that threatened to crimp cake-making nationwide, bringing echoes of last year's dairy dire straits that left supermarket shelves empty.

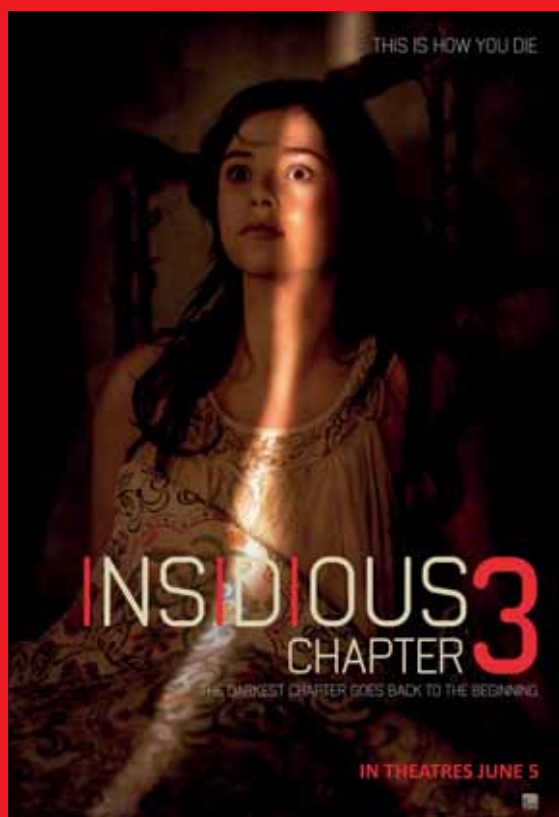
The Japan Dairy Association is warning that demand for pats will outstrip supply by more than 7,000 tonnes, prompting the government to ready emergency imports.

At the root of the problem is a wider dairy deficit that sees farmers prioritizing the raw material for sales of liquid milk.

Herds have been cut over recent decades as demand has dropped with an aging Japanese population. AFP



Butter is in short supply in Japan. ISTOCK



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No purchase necessary. Contest open 12:01 am on May, 25, 2015 to 11:59pm on May 31, 2015 to legal residents of Toronto, Edmonton, Calgary, Winnipeg, and Vancouver, (ex QB) of age of majority in their province of residence at time of entry. Prizes available 20 double passes to the Insidious Chapter 3 screening per market. ARV \$25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

Illustrating sex and argument



For As Long As It Rains begins as a fantasy romance but quickly descends into a couple's power struggle. CONTRIBUTED

GRAPHIC NOVEL

Montreal artist uses comics to depict a very real relationship

BOOKWORM

Sue Carter



In theory, *For As Long As It Rains* should be a romantic fantasy.

The new translation of a gorgeous French graphic novel by Montreal cartoonist Zviane features a young unnamed couple who retreat to an architecturally stunning beachside home located somewhere in the Netherlands. But when the torrential rain refuses to let up and the real world begins creeping in, the fantasy dissolves and the sad truth of their relationship is revealed.

Zviane says she was inspired "to create the perfect place in the perfect woods, and have this couple trapped there."

It's no accident that her illus-



Zviane says she wanted her graphic novel to be honest.

CONTRIBUTED

trations of the open-concept house — with its two-storey bookshelves, upright pianos, modernist furniture and a kitchen that would make chefs envious — look like they should be on a Pinterest board. For research, Zviane pored over architectural magazines and design photos on the Internet, uncovering a fetish for what she refers to as "bookshelf and cabin porn." Each interior scene is drawn with a cinematic flourish, especially as shadows from the trees and the wall-to-wall windows start feeling more like prison bars. "You want to be there," she says, "but you would never want to live there."

According to Zviane, *For As Long As It Rains* was a challenge to illustrate, especially the couple's bodies in action, as she focused on muscular anatomy in ways she hadn't in her previous seven books. "I chose to draw it in a way that was hard for me," she says. "It's not what I usually do."

Unable to leave the house, the pair play piano (Zviane herself is a trained musician and music teacher), cook, nap, smoke pot, talk and have plenty of sex.

Zviane boldly depicts their lovemaking, over many pages, in graphic, intimate scenes that leave little left to the im-

BOOK NOTES

Montreal publisher crowdfunds translations

Canadian presses have long been publishing English translations of bande dessinée from France and Belgium, but significantly fewer French comics have made the journey out of Quebec. Zviane's publisher, Montreal's Pow Pow Press, is hoping to change that by simultaneously producing its books in both official languages. Turns out there's a demand: In December, Pow Pow successfully raised close to \$25,000 on Kickstarter to pay for its first translations.

agination and are definitely not safe to read during a subway commute.

"I don't consider it to be super erotic," she says. "I wanted to be honest. This is what is happening to this couple."

Sue Carter is editor at *Quill & Quire* magazine.

METRO CUSTOM PUBLISHING

Exceptional cuisine in a unique setting

Cats Socialhouse

Cats Socialhouse is dedicated to the art of presenting exceptional cuisine in a stylish and unique setting. This hidden gem is conveniently located at the entrance of Granville Island between the Kids Only Market and the False Creek Community Centre.

There is plenty of room for all ages and groups in the spacious dining room and on the sun-soaked patio. Cats Socialhouse also offers free parking, is open for lunch and dinner, and delicious brunch on weekends between 10 a.m. and 2 p.m.

With \$5 drink specials and daily food specials, it's no wonder that guests keep coming back. Social Lager®, Social Red and White Wine, and Social Soda are featured every day, along with daily specials like \$7 hot wings and dry ribs from 3-6 p.m., and \$10 pizzas Sundays and Mondays.

With the new summer menu rolling out in just a few weeks, you will definitely want to check out Cats Socialhouse.



CONTRIBUTED

Management and staff take pride in keeping the doors open late, so whether you are looking for an intimate dinner for two, a fun meeting place for friends, or planning a function in the private room upstairs, Cats Socialhouse is definitely the place to be social.

Drop in for a visit at 1540 Old Bridge Rd. on Granville Island and experience the ambience of Cats Socialhouse today. Reservations are not usually required, but you can call 604-647-2287 anytime.



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A petition has been submitted to NXNE to pull the Action Bronson show scheduled for June 21. ALL PHOTOS GETTY IMAGES

Rapper says T.O. has 'panties in a bunch'

ACTION BRONSON

Festival backs show despite 'misogynistic' lyrics



Jessica Smith Cross
Metro | Toronto

The organizers of Toronto's North by Northeast (NXNE) festival are standing by their decision to offer a free public hip-hop show featuring Action Bronson — despite a petition asking them to pull the show over a song the petition says "glorifies gang-raping women."

The petition accuses him of "violent misogyny" and calls the lyrics of his song Consensual Rape "hate speech."

The section of the song cited in the petition begins,

"Then dig your shorty out cuz I geeked her up on molly," and goes on to explicitly describe a group sexual encounter, ending with, "stuff her lunchbox & burn her with the candle."

Action Bronson responded on the controversy, tweeting that Torontonians "have their panties in a bunch" and the song that the petition objects to is a five-year-old "lost track" that he has never performed. "Don't single me out," he tweeted.

Action Bronson is set to perform on June 21 in a public square at a free

show. NXNE released a statement defending the show, and artists' rights "to express their views through music." It invited anyone who is offended to go see a different show.

"NXNE will also present a number of rap artists at various venues, such as Tink and Kate Tempest, who have been lauded for the undisguised feminist viewpoints in their music," said Sara Peel, Managing Director of NXNE, in the statement. As of Wednesday afternoon, the petition against Action Bronson had more than 1,600 signatures.

COMIC-CON

Fey and Poehler action figures? Sure!



Ned Ehrbar

This might be a good time to point out that my birthday is coming up soon.

Toy company Bif Bang Pow! has unveiled its 2015 Comic-Con exclusive, and it is quite awesome. The company has made action figures out of Tina Fey and Amy Poehler and given them a Saturday Night Live Week-

end Update play set. The only downside? The company only made 2,400 of the sets, and they're available for pre-order so I don't foresee that many still being available by July.



RELATIONSHIPS

Taylor's pals not keen on Calvin



Calvin Harris. GETTY IMAGES

Taylor Swift seems to be having a fantastic time dating EDM star Calvin Harris, but her pals apparently aren't too thrilled and want her to kick his Scottish bum to the curb.

"Calvin's putting on a front now," a pal reveals. "He used to date a bunch of club girls who were nothing like Taylor. If they ever came forward, it would hurt Taylor's brand," a source tells Life & Style.

But Swift doesn't seem too concerned with her friends' concerns. "They are getting very serious, very fast," the source adds. "Taylor has already introduced Calvin to her parents."

NED EHRLBAR/
METRO

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METRO SPACES

Hycroft's rowhomes perfect for families

The combination of flexibility and affordability can be hard to find in today's competitive housing market.

Luckily at Hycroft, a development of 65 four-bedroom, freehold rowhomes in South Surrey, flexibility and affordability were an essential part of the community plan from the start.

"Homes at Hycroft offer the best of space and freedom for homebuyers," says Vanessa Isler, sales and marketing manager of StreetSide Developments. "The rowhomes are more affordable than detached housing, but are freehold, so there's no strata to report to."

The 2,200-plus square-foot rowhomes are located in the desirable neighbourhood of Grandview Heights and start at \$581,900.

The homes' meticulous Arts and Crafts architecture by Robert Ciccozzi features stylish

exterior accents including brick and dramatic roofs, as well as durable finishes including Hardiplank siding and shingles.

Open the door and come inside. The quality is apparent in the marble accents, high-level craftsmanship and tastefully planned designer colour scheme.

The rowhomes at Hycroft are perfect for families, says Isler. "We're giving buyers the chance to get all the advantages of a single-family home — including walkout patios, fenced yards, finished basements and a detached garage — for the price of a large townhome in the area," she says. "Maybe best of all, these homes are 'plug-and-play.' The interior quality is so high that there are no upgrades necessary."

Residents will be proud of the level of their interior finishes, like the matching marble mo-



CONTRIBUTED

saic tile on the kitchen backsplash and around the gas fireplace.

Kitchens feature high-end stainless steel Jenn-Air appliances, solid quartz slab countertops, and custom Shaker-style cabinetry. En-suites offer residents the chance to enjoy their own private spa, with Carrera marble accents, Grohe rain showerheads and luxurious Nu-Heat in-floor heating.

Families will appreciate the finished base-

ment and detached garage, which provide the extra storage and living space. Every home has private access to the outdoors, too, with walk-out patios and professionally landscaped yards. Perfect for barbecuing.

Experience the space and freedom of Hycroft for yourself at the beautifully designed display home, located in the presentation centre at 16467 24 Avenue, Surrey; 604-541-2495. Visit the website: hycroftrowhomes.com.

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Bennington House mixes simple, elegant

Two or three bedroom townhomes feature paved courtyard patios, generous balconies

Truly distinctive home design combines modern and timeless.

Bennington House, a new home development at Cambie and King Edward in Vancouver's lush West Side, strikes the balance beautifully with simple, mid-century silhouettes and classic finishes.

"The feel of Bennington House is what I would call 'sophisticated modern,'" says Cristina Oberti, an acclaimed Vancouver interior designer who fashioned the interiors for Bennington House.

The timeless finishes at Bennington House homes include Carrara marble accents, glass surfaces and polished stainless steel details. Buyers can select from one of two interior design colour schemes, and the homes are filled with natural light, thanks to the expansive

windows and lofty ceilings.

The kitchens at Bennington are warm and polished, marrying natural textures with refined, soft-close cabinetry and stainless steel integrated Bosch appliances.

The luxurious shower and bathtub with Grohe Concetto fixtures provide a perfect beginning or end to each day.

The four-storey, woodframe development offers 36 apartments, from studios to three-bedrooms, and six two- and three-bedroom townhomes. Homes include private, paved courtyard patios or generous balconies. Homes start from the high \$300,000s.

One of the concepts behind the project was to balance the desires and expectations of a high-quality life with a metro-



CONTRIBUTED

politan, low-key Vancouver lifestyle.

Homes at Bennington are a convergence of comfort and elegance — simultaneously homey and refreshingly contemporary. To achieve this, Oberti and her team partnered contrasting design elements.

"We combined sophisticated, clean lines with softer, more plush or rounded elements," she says. "The subtle integration of curves helps balance and bring a human touch to an otherwise modern and minimalist backdrop, making the overall space more cosy and welcoming."

Her favourite features at Bennington House? The marble kitchen backsplash

and ensuite bathroom floor and wall tiles.

"The marble backsplash in particular is such an elegant element of the interior, and is in itself a striking statement piece. It definitely gives the interior a luxurious feel," Oberti says. "Having marble as a base finish has the added benefit that you get a 'wow' factor from the very start: The statement is built in."

Bennington House will be located at 4080 Yukon St., just one block from King Edward SkyTrain Station. The presentation centre is located at 3373 Cambie St. Visit benningtonhouse.ca.



BENNINGTON HOUSE



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PROPERTIES

RIVERSKY2
NEW WESTMINSTER

RiverSky2 is developed by Bosa Properties (RiverSky Land) Inc. This is not an offering for sale. Renderings, sketches, layouts and finishes are representational only. Prices subject to change without notice. E. & O.E.

Waterfront tower boasts affordability

The buzz is spreading. RiverSky, a new Bosa Properties condo development in downtown New Westminister on the waterfront, is beautiful, centrally located, and actually affordable.

"The response we've been getting to the development so far has been overwhelming," says Judy Graham, sales manager of RiverSky. "We knew it would generate excitement, but we didn't quite realize what a huge need and interest we were tapping into."

Previews for RiverSky2, the development's second tower, begin May 30, with beautiful, new, concrete homes and stunning views starting at \$239,900.

The development has so much to offer, head and shoulders above other condo communities in the Lower Mainland. RiverSky's one-, two-, and three-bedroom homes start on the sixth floor and feature stunning river, city, and mountain views from their expansive windows.

"First of all, you're getting \$500 per square foot, which is light years more affordable than equivalent homes in False Creek or even Steveston," says Graham. "Second of all, you aren't just getting a home in the middle of a vibrant city, you're getting waterfront, and that's exceptional."

"Since the first tower was such a success, we are releasing the second tower months ahead of schedule," she adds.

From outside, RiverSky is a sight to behold. Perched on New Westminister's Esplanade boardwalk, near the city's iconic River Market, the development will cut an impressive silhouette.

Step out your front door at RiverSky and you're right on the boardwalk overlooking the scenic Fraser River. Take a walk in the breeze, and head down to the River Market, with its fresh baked goods, coffee, produce, and gifts. The market is also home to some of the neighbourhood's favourite restaurants, including Re-Up BBQ, Wally's Burgers, Longtail Thai Kitchen, or the new noodle bar at Wild Rice Restaurant.

"River Market is New Westminister's Granville Island," says Graham. "It's such a treat to head down there, whether you're having a coffee with a friend, or doing your grocery shopping at Donald's Market."

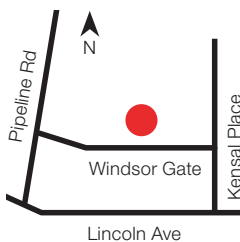
Down the boardwalk, residents will find the newly redone the 9.5-acre Westminister Pier Park on the waterfront. It's the perfect place to sit with an ice cream from the market, and its two playgrounds for preschool-aged children are a great place for families to let off steam. The urban beach will also be busy with sun seekers this summer.

More entertainment and attractions are a short stroll away, including the Samson V Maritime Museum, Fraser River Discovery Centre, the World's Tallest Tin Soldier, and the Quayside Playground.



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Prime's two-bedroom units suit most situations

Homes feature 9-foot ceilings, quality fixtures and finishes

When you're investing in a home, a two-bedroom is one of the most flexible options you can choose. It's great for couples with children, downsizers, singles who work from home and need an office space, or simply two roommates.

"Two-bedrooms are small enough to be economical and easy to maintain, yet large enough to accommodate many different living situations," says Jon Stovell, president of Reliance Properties, one of the developers of Prime, a new development of 372 condos on

Surrey Civic Plaza.

At Prime, which is now selling, two-bedrooms have some major benefits.

The first of these is affordability. Two-bedroom micro lofts start from \$189,900, and two-bedroom corner suites start from \$329,900.

All two-bedroom homes are corner units at Prime, with the bedrooms separated by the living space to maximize privacy. Their expansive windows and nine-foot ceilings fill the home with natural light and create living and dining areas with windows on both sides. It's the perfect way to wake up every morning and face the day — and the view. Homes at Prime feature stunning views of the North Shore Mountains and Pacific coast shoreline.

Designed by Bingham+Hill Architects, Prime's quality and space efficiency was

considered down to every facet of design and detail. All floor plans have been designed to maximize their functionality and livability.

Homes offer a curated selection of high-quality interiors, fixtures and finishes residents will enjoy coming home to.

The kitchens in every two-bedroom come with kitchen islands, and feature warm, oak-finish cabinetry, integrated appliances and custom-designed storage millwork.

Polished composite stone countertops, a stainless steel under-mount sink, European style fixtures and wide-plank, real wood engineered floors lend the kitchens a sense of polish.

The open-plan living area includes design elements to economize space.

Every two-bedroom home at Prime has two bathrooms, allowing for even more flexibil-

ity of use. They're clean, bright and inviting with marble floor tile and ceramic wall tile, polished composite stone countertops, under-mount glazed porcelain sinks, European styled polished chrome faucets and a frameless glass shower enclosure.

Prime's solid concrete construction will stand the test of time and insulates temperature and noise in each home naturally.

The balconies at Prime are larger than those of the development's micro-suites, ideal for sipping a cool drink on a hot day while you grill on the barbecue.

"We've really gone all-out with our corner two-bedrooms," says Stovell. "They're a unique offering at a very good price."

The Prime presentation centre is located at 160-10362 King George Blvd, Surrey. Visit liveprime.ca to receive more information.

Exploring Downtown Surrey

An urban lifestyle is defined by its surroundings and at Prime, the neighbourhood becomes an extension of your home.

Downtown Surrey outside your door is buzzing with things to do. Explore the renowned shops and restaurants, a coffee shop or Central City brew pub.

Located on Surrey Civic Plaza in the centre of the city, Prime is at the centre of Surrey's revitalizing centre, a growing hub for real estate investment in Greater Vancouver as more young professionals come here every year to work and live.

All it takes is a minute-long walk and



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you're at SFU's Surrey Campus and the Surrey Central Skytrain Station. The development's walk score of 88 speaks for itself.

The 37-storey development, located at 103 Avenue and University Drive, will be situated directly across from the newly developed Surrey Civic Plaza, adjacent to the beautiful, new Surrey City Hall.

If it's recreation you're looking for, you'll find numerous activities happening daily at the North Surrey Rec Centre across the street.

Swim lengths before breakfast at the pool, visit the physiotherapy clinic, and drop your child off for preschool — the centre has activities and services for people of all ages.

PRIVATE AMENITIES

You don't have to step outside Prime to fulfill many of your daily needs. It's all provided for in Prime's rich amenities spaces.

Multiple beautifully landscaped, outdoor terraces and a rooftop garden with kitchen offer a private oasis for residents to contemplate or socialize.

With more than 16,000 square feet of private amenity space, Prime brings relaxation, exercise and green space to Downtown Surrey.

When you're buckling down to work from home, reserve one of the study rooms or music practice rooms, or head to the business centre.

Burn those calories and build those muscles at the fully equipped gym, yoga studio, massage area, sauna and steam room.

Hold your next dinner party at one of three private dining rooms.

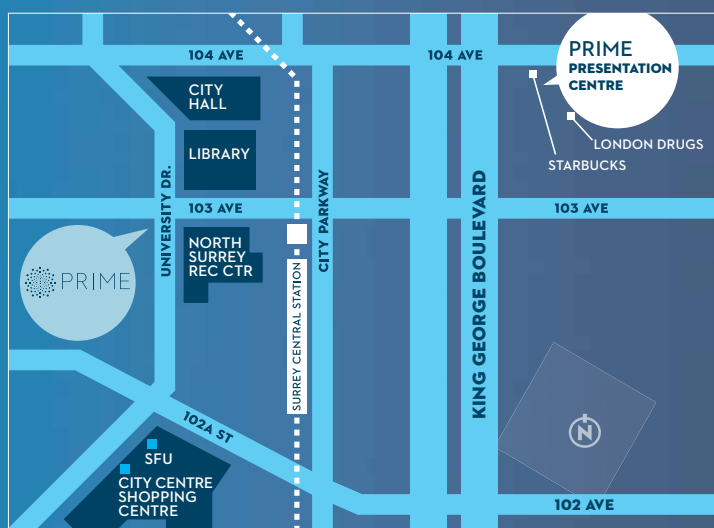
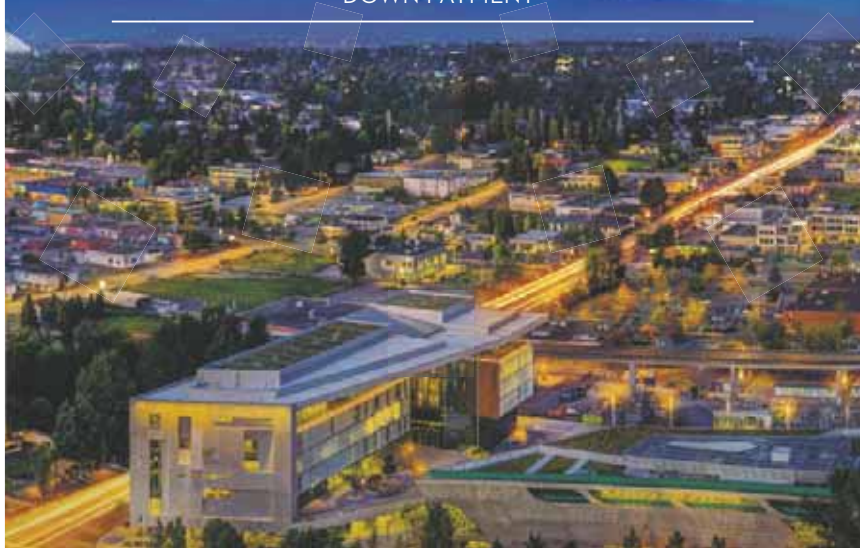
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FROM **\$10,000***
OWN A **TWO BEDROOM**
FROM **\$16,500***

YOUR OPPORTUNITY TO PURCHASE IS HERE
SATURDAY, MAY 30TH

*DOWN PAYMENT



From the panoramic views of the spacious corner 2-bedrooms, to the high-design, high-function *Micro-Series*, the award winning Prime development team has created homes that will set a *new standard for living in downtown Surrey*.

PRIME PRESENTATION CENTRE
160-10362 King George Boulevard
Open Noon to 5pm daily, except Fridays

For more information please call
604.498.3888



liveprime.ca



PROJECT MARKETING BY:
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Surrey real estate evolving

Evolve Condos selling fast in the area

Real estate in Metro Vancouver is only getting hotter.

On April 11, local developer WestStone Group experienced strong sales at its Evolve condominium project in Surrey, hitting 300 condo units on opening day, worth \$70 million.

The project hit the right note with local homebuyers, who are seeing the trend of prices increasing in the region with no end in sight.

"We've never seen anything like the launch day at Evolve. It was amazing how strongly people responded to the excellent affordability we're offering," says Kiran Rai, marketing director for Macdonald Realty Platinum Project Marketing. "Evolve has homes that are actually achievable for regular people looking to get into the real estate market in Metro Vancouver."

Surrey is a major focus for local homebuyers thanks to its increasing workforce. The trend makes Evolve a great option for workers looking to live close to their new jobs in Surrey, as well as the city's large-scale civic renewal projects, which are

making Surrey a beautiful place to live, work and play.

"Surrey's city centre seems to have this boundless youthful energy," says Rai. "It's an exciting place to be."

Surrey is now one of the top places in Canada to invest in real estate, thanks to the more than \$7 billion invested in Surrey's City Centre over the last eight years.

With Surrey's job market strong and getting stronger, the market for rentals is excellent. According to a recent study, Surrey welcomes more than 1,000 new residents each month.

World-class amenities are clustered in the city centre, just a short walk from Evolve, including the Surrey Central SkyTrain Station, the Bing-Thom-designed flagship library, civic plaza, new city hall and the new performing arts centre.

Recreation, shopping and entertainment are all here. Central City Shopping Centre, a 140-shop complex just a short walk away, will be residents' one-stop shop for groceries, homewares, apparel, and gifts.

Head to the Central City Brew Pub for



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a cool beer on a hot afternoon and taste test the local brewery's latest flavours on tap.

Evolve is a hub for students, too. Central City is also home to Simon Fraser University's state-of-the-art Surrey Campus. Kwantlen Polytechnic University is also expanding into Surrey City Centre with a new campus opening in early 2016.

Surrey's urban planning places high value on green spaces in the city. The neighbourhood around Evolve is surrounded by 45 hectares of parkland for residents to enjoy.

Visit the Evolve Presentation Centre at 13328 104 Ave., Surrey, B.C., open from noon to 5 p.m. every day except Friday. Call 604-497-0102 for more information.

Homes designed for optimal functionality

Forward-thinking developers are creating homes that create an efficient and adaptable living space for their residents.

"Evolve homes aren't just great looking. Our architects, engineers and designers created every home with the materials, layout and functionality that provide the best possible quality of life," says Kiran Rai, marketing director for Macdonald Realty Platinum Project Marketing, marketer for Evolve, a new condo development by WestStone Group, based in Surrey's City Centre.

Homes at Evolve range in size from studios, one, two-bedroom and two plus dens, alongside townhome lofts and penthouses, all created to match modern home buyers' needs. Many excellent homes remain at Evolve in a range of floorplans, which include a 16th studio floorplan for only \$166,900, including parking and a storage locker.

The beautiful functionality of an Evolve home is apparent as you set foot through the door. The interiors are bright and airy with ample lighting throughout, 8.5-foot ceilings, and natural light from the condos' expansive windows.

Finishes to the homes are polished and easy to maintain, including contemporary chrome hardware and woodgrain laminate flooring.



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The design process accounted for personal taste too. Buyers will have the opportunity to select one of two colour palettes for their homes: contemporary light finishes or dramatic dark neutrals.

Kitchens are thoroughly modern with soft-close hardware, stainless steel undermount sinks, quartz countertop, backsplash, and quality stainless steel appliances.

Residents can take full advantage of summer

on their generous balconies, which offer lots of room for barbecuing, relaxing, and taking in the view of the surrounding cityscape and greenspace.

Evolve's concrete construction provides every home natural sound and temperature insulation, as well as durability and long-term structural integrity, ensuring your investment is safe and solid.

Evolve's amenities were designed with the

EXTRA PERKS: A CAR IN THE LOT OR CASH

Perks for homebuyers at Evolve just got even better. Not only does every home come with a storage locker and a parking stall — the next 20 buyers at Evolve will now receive a gift: A car in their parking stall or cash in their locker.

The car is a 2015 Nissan Micra, valued approximately at \$10,000. The car value is equal to the cash option.

But you'd better hurry — half of the allotted homes in the offer have already been sold.

Visit the Evolve presentation centre to cash in before this offer is gone! Visit the website: evolvecondos.com.

modern resident's needs in mind, including a fully equipped gym and fitness room, theatre and multimedia room, and social room with fully-equipped kitchen, perfect for hosting social gatherings.

The Sky Patio and Sky Lounge offer up Greater Vancouver's spectacular views of the Fraser River, the city and the mountains.

GET A CAR IN YOUR STALL OR CASH IN YOUR LOCKER!



evolve
condominiums

Every home at Evolve comes with
a storage locker AND a parking stall.

**NOW FOR THE
NEXT 20 BUYERS...**

We'll include a CAR in your parking
stall or fill your storage locker with CASH!

**COME SEE WHY EVOLVE IS CANADA'S
FASTEST SELLING CONDO DEVELOPMENT.**



**OPEN NOON TO 5PM
CLOSED FRIDAYS
13328 - 104 Ave. Surrey**



The developer reserves the right to make modifications to the information contained herein. Promotions, prices and availability subject to change without notice. Certain conditions apply. See a Sales Representative for details. Illustration reflects the artist's interpretation of the project and does not take into account the neighbouring buildings, physical structures, streets and landscape and, when built, may be noticeably different than what is depicted. Promotions and unit starting prices and availability are subject to change without prior notification. E & O.E.



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PARK-SIDE LIVING IN A CITY CENTRE

PARC 26 OFFERS BREATHING ROOM CLOSE TO AMENITIES

Looking for parkside living at an urban address?

Located steps away from Queen Elizabeth Park, one of Vancouver's most beloved landmarks and the highest point in the city, homes at Parc 26, the newest addition

to Cambie Village, will give residents the green space they crave, with incredible accessibility to downtown Vancouver and the city's major routes.

"Residents here will get that amazing balance of city living and park life that can be quite hard to find," says Dave Bauman, director of sales and marketing at Magnum Projects, the marketing company for the project. "It's a very desirable place to be."

The homes will be located at Cambie at West 26th Ave., next to King Edward SkyTrain Station, and accessibility is unparalleled.

Hop on the SkyTrain and you're 10 minutes or less from downtown and about 20 from Vancouver International Airport. Not that you'll need to leave. Everything you'll need is here in Cambie Village.

"Cambie between about 2nd Ave and 25th has really blossomed over the past five years. It's a wonderful place to meet friends for brunch or dinner, get your organic groceries or catch a show," says Bauman. "Cambie Village is the perfect place to spend your weekends."

Nature is close by in all its glory at Queen Elizabeth Park with its lush quarry gardens,

featuring 1,500 trees from across Canada, all just moments away from Parc 26.

At the peak of the park, experience natural wonders under a geodesic dome at the Bloedel Conservatory, which is home to 200 free-flying exotic birds and plants from three different climate zones to explore.

When you're looking for a game of golf, head to the Queen Elizabeth Park Pitch and Putt. For a special night out, visit Seasons in the Park, a fine dining establishment in Queen Elizabeth Park that overlooks the city.

"Our location is really incomparable," says Bauman.

Urban design with some natural sensibility

There's a place in Vancouver where you have downtown at your fingertips and Queen Elizabeth Park in your backyard: Parc 26, an 85-home collection of condos and two-level townhomes will put residents at the centre of it all.

The stunning one-, two- and three-bedroom homes are on the cusp of the park, overlooking the city.

"Our residents are going to have the rare experience of amazing views of Vancouver out their windows and one of the best parks in the city just steps from their door," says Dave Bauman, director of sales and marketing at Magnum Projects, the marketing company for the project.

Views out the homes' expansive windows are impressive, with panoramas of Vancouver's West Side and downtown cityscape.

The clean, modern interior design in Parc 26 homes includes contemporary materials such as charcoal architectural concrete accents.

"Concrete as a building material is attractive and practical," says Bauman. "It's more durable and attenuates sound much better than wood-frame construction."

OUTDOOR AREAS

A condo transitions from good to great with the addition of a few key lifestyle features. At Parc 26, residents will have lots of fun and useful amenities to choose from.

Take your cup of coffee out to the landscaped courtyard. The common space for residents is a great place to meet your neighbours and relax while your kids play. The indoor/outdoor amenity on the third floor deck provides another social milieu. The indoor communal kitchen is your spot to host your next birthday party or any other occasion.

Other expressions of the homes' contemporary design include airy, nine-foot ceilings, clear glass spandrel panels with oversized windows, and contemporary glass and steel canopies, designed to let lots of natural light into every home.

Interiors at Parc 26 are expertly designed by Area3, a local professional interior design studio in Vancouver that creates innovative, modern designs that reflect an international sensibility.

Buyers can choose between one of two elegant colour palettes, Parkside and Metropolitan, which thread sophisticated design consistently throughout the home with complementary surfaces, textures, colours and fixtures.

Durable, engineered hardwood flooring throughout main living areas and plush carpeting in bedrooms are clean, comfortable, and easy to care for.



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Kitchens are just as sleek, with polished quartz kitchen countertops and waterfall gables on islands, accented with an iridescent glass mosaic kitchen backsplash. Conceal all your kitchen needs inside contemporary, lacquered high-gloss square-edge Stijle by Schenk kitchen cabinetry.

The luxurious European appliance package features Bosch stainless steel appliances, including a gas cooktop and convection oven, so you can cook like a pro.

At Parc 26, your bathroom is your oasis, with details that make life simpler and reflect quality, including frameless glass slider shower enclosures, polished quartz countertops, large-format porcelain tiling in matte finish for flooring and select walls, and patterned ceramic wall tiling in main bathroom.

These six-storey, concrete buildings offer spacious balconies and patios on most homes for residents to enjoy the outdoors from the

comfort of their living rooms.

In all this modern design, convenience and usability were prioritized to ensure residents have everything they need, placed in the home for the best possible ease of use.

The Blomberg front-loading stacked washer and dryer take up a small footprint. Storage is easy with details like the under-cabinet magic corner with chrome wire baskets for quick, easy access. Convenient under-sink pull-out waste and recycling bins make sure you stay green.

The homes also include details to maximize your comfort. The built-in air-conditioning comes in handy for those hot summer days. Contemporary roller shades on exterior facing windows maintain privacy while allowing in natural light. The Parc 26 presentation centre is opening to the public for previews on Saturday May 30, from 12 - 5 p.m. at 551 West 57th Ave., in Vancouver. Visit parc26.com.

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DOWNTOWN IS YOUR PLAYGROUND.



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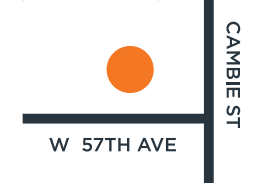
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CONTEMPORARY LIVING AT HOME

WARM FEATURES MEANT TO BE ENJOYED

Inspired architecture is finding a new home in Coquitlam at Bradley House by Polygon, a brand new, move-in ready development of one- and two-bedroom apartment residences at the heart of the sought-after community of Windsor Gate.

Bradley House is a limited collection of 115 modern homes showcasing the low-pitched roofs, horizontal banding, brick cladding and detailing, oversized windows and open-plan layouts that are a signature of Frank Lloyd Wright's design.

The architecture is a different way of looking at a home where form and function are considered together to create a wonderful, useful living space for residents. The homes at Bradley House explore that in a modern context, with beautiful new construction and finishes.

Streetscape is important at Bradley House. The development's prominent entry monuments, tree-lined roadways, green boulevards, thoughtful landscaping, distinctive street lighting greet you and your guests upon arrival.

Inside the front doors, the lobby is warm and welcoming with wood detailing and a fireplace with custom mantel.

Each suite is thoroughly modern with airy, nine-foot ceilings and two designer colour schemes, Light or Dark. Rich, wood-style laminate flooring throughout all liv-

ing spaces is attractive and easy to care for, and plush carpeting in bedrooms puts soft durable comfort beneath your feet.

The gourmet kitchens are state-of-the-art and a pleasure to cook in, with engineered stone countertops and ceramic tile backsplashes and stainless steel appliances. Polished chrome hardware complements the stylish flat-panel cabinetry in white or dark wood laminate.

Space usage is maximized in the kitchen with ample storage, including over-height upper cabinets, a drawer bank, lazy susan (some homes) and built-in recycling bins. The rest of the house is just as space-efficient, with details including the convenient stacked washer and dryer by Whirlpool.

Bathrooms and ensuites are rich in sophisticated details, including engineered stone countertops, Grohe fixtures, and contemporary white or dark wood laminate cabinetry. A full-width vanity mirror with cosmetic bar lighting provides a softly lit environment. Sink into the ensuite bathroom's deep soaker tub any time for an everyday indulgence.

Enjoy room to move and plenty of storage in the master walk-in closet in some homes.

Dress your spacious decks or patios up for your next cocktail party, or throw on a pair of flip flops and relax there for your next barbecue. Most garden-level homes also fea-



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ture private yards with extra greenspace to enjoy. The outdoor spaces at Bradley House were designed for living in.

"The outdoors was a really important component of midcentury modern design that we wanted to incorporate into these homes," says Theresa Liljedahl, sales manager at Bradley House. "Coquitlam is such a beautiful, green place and that's part of the reason why our residents choose to live

here. We're giving them a chance to experience the green space integrated into their homes."

Residences are priced from \$324,900, and a special three-year, 1.95-per-cent financing option is available now. Ask sales staff for details.

The Sales Centre is located at 3107 Windsor Gate and is open noon to 6 p.m. (except Fridays).



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Quiet and lush in Coquitlam

There are a few enclaves left in the Lower Mainland that offer affordability, green space and accessibility. Coquitlam is one of them.

Bradley House by Polygon, the latest collection of move-in ready apartment residences at the landmark master-planned community of Windsor Gate, enjoys an unparalleled location within the community.

"It can be hard to find a place that combines everything you need. We all need accessibility to services, schools and transportation, and of course green space makes everyone's life richer — and Coquitlam has that in spades," says Theresa Liljedahl, sales manager at Bradley House.

Conveniently located in the centre of Coquitlam, Bradley House is just moments to schools, shops, the Evergreen Line, performing arts venues and eateries.

Coquitlam Centre is immediately at hand, offering residents incredible convenience with big-name shops, restaurants, and grocery stores, including H&M and T&T Supermarket.

BE PART OF A CLUB

Ever been part of a private club? You will be at Bradley House.

Residents will enjoy membership to the Nakoma Club, Windsor Gate's 18,000-square-foot private clubhouse. Standing at the heart of the community, the Nakoma Club features an outdoor pool and hot tub, landscaped terrace, fully-equipped fitness studio and gymnasium, screening room, great room lounge, fully furnished guest suites for visiting friends and relatives, resident concierge, and much more.

Cultural activities are here, too. Take in a travelling art exhibit at the Evergreen Cultural Centre. Enrol in a continuing education course at the David Lam campus of Douglas College. Attend an evening string quartet performance at Place des Arts centre.

Top-ranked schools like Pinetree Secondary offer lots of options for young families.

When you're craving green space, the natural amenities of Coquitlam River and Lafarge Lake beckon. Explore the beauty of nearby Coquitlam River Park, just one block away.

Vancouver is easily accessible for the busy commuter. The West Coast Express stops near, and the future Evergreen SkyTrain Line promises a rapid transit option that will bring even more accessibility to Bradley House residents.



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Balanced lifestyle meets breathtaking views in Lower Lonsdale. Discover contemporary one, two and three bedroom apartment residences by Polygon.

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South Point Walk is now available

The formula for a great home is simple: Affordability, accessibility, livability.

At South Point Walk, a collection of 42 condos in the heart of desirable South Surrey, you'll find it all.

"When you're looking for a home, you don't want to compromise. We designed South Point Walk with every need and wish in mind," says Vanessa Isler, sales and marketing manager of StreetSide, developer of South Point Walk.

First: Affordability. Homes at South Point Walk start at \$247,900, including net GST and you can own with only a five per cent down payment. Perfect for first-time homebuyers looking to get into the market.

Second: Accessibility. South Point Walk is within walking distance of nature walks, transit, and shopping, including the South Point Exchange mall and South Point Annex shopping centre.

Third: Livability. Designed to a high finish with beauty and usability in mind, residences at South Point Walk aren't just houses. They're homes.

Step inside South Point Walk's attractive residences and you'll discover a home with every feature and convenience that you can make your own, where excellence is evident in every detail.

Homes at South Point Walk were designed to enhance quality of life. The spacious rooms are flooded with light, and are specifically designed to maximize views and privacy.

Functional floor plans include dedicated work and flex spaces to enhance the way you want to live.

The kitchens showcase elegant gas ranges, thick quartz countertops and distinctive Shak-



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er-style cabinetry. Stainless steel appliances reflect lasting value and timeless appeal.

The bathrooms at South Point Walk are a reflection of good taste and an appreciation for the little luxuries, with polished stone counters, gleaming chrome fixtures and deep soaker tubs.

The en suite bathrooms feature luxurious additions to enhance your morning routine, including in-floor heating and enlarged showers.

As you wind your way up the front walk, South Point Walk makes a stunning first impression. Designed by award-winning architect Robert Ciccozzi, the spacious West Coast Style architecture and beautiful landscaped enclave offer a warm, impressive welcome. Distinctive exterior accents include bold roof lines, cedar shingles, large timber brackets,

and arched brick accents, with natural materials and soothing Earth tones throughout.

Homes bring the outside in with generous patios on ground-floor homes, and upper floor balconies that overlook the natural green space and family-friendly amenity areas. Wooden gates leading to the homes, communal gardens and a trellised seating area with a gas fireplace enhance the intimate neighbourhood feel.

A crucial feature: South Point Walk is a finished product, so residents can move in right away.

"The immediate possession is a huge advantage for anyone looking for a home right now," says Isler. "When you buy new, you often have to wait for months or years to take possession before the project is complete. It can really hold your life up. At South Point Walk, you

STAY IN AND ENTERTAIN

Livability is a top priority at South Point Walk. Residents have exclusive access to a multi-purpose amenity space complete with a fitness centre, cosy lounge and kitchenette.

If you're not in the mood to head out for a night on the town, invite your friends to your place. Play billiards in the lounge and games room, and make nachos for your friends at the kitchenette and bar.

can get settled into your new home now."

The new South Point Walk sales centre and display suite are now open at 15188 29A Ave., Surrey, 604-560-3238.

Community always comes first

The lush, convenient neighbourhood of South Surrey is perfect for first-time homebuyers, families looking for a great place for their kids to grow, and downsizers looking for a quiet, community-oriented neighbourhood to settle down in.

Within walking distance of shopping, transit, nature walks, the South Point Exchange mall, and South Point Annex shopping centre, South Point Walk, a collection of 42 condos in South Surrey, is at the centre of it all.

"Our homes are removed from the bustle and noise of downtown, but also have that amazing accessibility to all the shops, services, entertainment and recreation they'll need," says Vanessa Isler, sales and marketing manager of StreetSide. "Life has never been easier."

South Point Exchange features standards like Save-On-Foods, Canadian Tire, Home Sense and Starbucks for those everyday needs. Around the corner are all

the independent specialty shops that make your neighbourhood unique. Browse the local produce at Kin's Farm Market. Pick up something special from Clancy's Meat Co.

How about a cheese board and charcuterie? Pair that with some fresh crusty rolls from Cobs Bread and a bottle of your favourite wine and you are set for a party for two on your porch or balcony.

Feeling decadent? Meander down the path from South Point Walk to spoil yourself in the boutiques at High Street. Top off an afternoon being pampered at the day spa. Enjoy the large variety of restaurants when you want to go out. There's even a cosy Irish Pub to call your very own.

The area boasts more than a dozen golf courses including Morgan Creek, the premier public golf course in the Lower Mainland, voted by Golf Digest as "the place to play." The neighbourhood also features some of the best nature walks



CONTRIBUTED

the Lower Mainland has to offer. Explore the historic Semiahmoo Trail and discover 200-year-old fir trees and the remains of the original wagon road built back in 1873. Or step into modern times and enjoy a stroll along White Rock's famous pier.

A short drive away you'll find Crescent Beach with its off-leash dog park and the Surrey Sailing Club, Elgin Heritage Park with its nature trails and rowing club, and many more shopping and entertainment destinations to discover.



HYCROFT

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PHASE 3 SELLING



QUALITY IN EVERY DETAIL

- Beautifully crafted 2200+ SF 4 bedroom rowhomes
- Freehold ownership – no strata fees
- Located in the desirable Grandview Heights neighbourhood
- Over 130 shops and services 5 minutes away
- Close to parks, beaches, nature trails & golf courses



Everything about Hycroft is exceptional, from the well-thought-out floorplans to the exquisite interior finishes. Situated in South Surrey, these freehold, non-strata rowhomes give you all the advantages of a single-family home – including walkout patios, fenced yards, finished basements and a detached garage – for the price of a townhome. This is a rare opportunity to live the dream without compromising your lifestyle or budget. Don't miss out.

PRICED FROM \$566,900

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Any prices exclude taxes. StreetSide Developments reserves the right to make modifications and changes to the building designs, specifications and features should they become necessary. Floor plans, elevations, room sizes and square footages are based on preliminary architectural drawings and may vary from the actual built home. E.&O.E.

Luxury of the senses

West Five boasts high-end Kitsilano lifestyle

Day-to-day pleasures are often found in the details — a crisp beach breeze from your balcony, the scent of fresh flowers from Granville Island Market, a hot bath and a glass of wine.

West Five, a new collection of high-end homes at Burrard and West 5th in Vancouver, delivers the subtle, everyday luxuries homebuyers will appreciate. Every feature of the homes, curated by local interior design firm Cutler, incorporates rich colours and luxe materials that please the senses.

There is still an excellent selection of homes available at West Five, featuring two-bedroom + flex homes ranging from 963 - 1,094 square feet, and three-bedroom + flex homes starting at 1,946 square feet. Pricing will start from \$779,900.

"We've created a luxurious, sophisticated take on all the aspects that make Vancouver so desirable," says Tim Orr of Orr Developments, the developer.

The warm wood and naturally variegated marble provide a polished, natural addition to the flawless, gallery-like spaces and their uptown details like strategic halogen lighting and stainless steel.

Bring home an armful of fresh produce

SUMMER IN THE CITY

The neighbourhood is packed with events year-round that residents can look forward to, and summer is when the activity and vibrancy of the neighbourhood is at its height.

Residents at West Five will get a chance to enjoy some of Vancouver's best events, a short walk or bike ride from home. KHATSAHLANO, a free, 11-block street party takes place along West 4th Avenue all day on July 11.

and other riches from Granville Island and your kitchen will provide the perfect place for prep, cooking, presentation and socializing.

The kitchen's Calacutta marble backsplash is a dramatic backdrop to high-end finishes including a stainless steel appliance package with Fhiaba refrigerator, Wolf gas range and professional Faber pullout hood fan. Add to that the Kohler stainless steel undermount sinks, Caesarstone countertops in Sleek Concrete or Blizzard, and under-cabinet LED



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task lighting, and you have a genuine chef's kitchen.

The sensory enjoyment translates to the bathrooms too, with fixtures, toilet and undermount sinks by Kohler, and the homes' signature marble countertops, deep soaker tubs, porcelain floor tiles and a seamless glass shower enclosure with unique marble hexagon mosaic floor tile.

Some luxuries at West Five are invisible. NuHeat under-floor heating makes getting out of bed in the morning enjoyable, and the Wi-Fi-enabled thermostats allow you to control the interior climate with precision.

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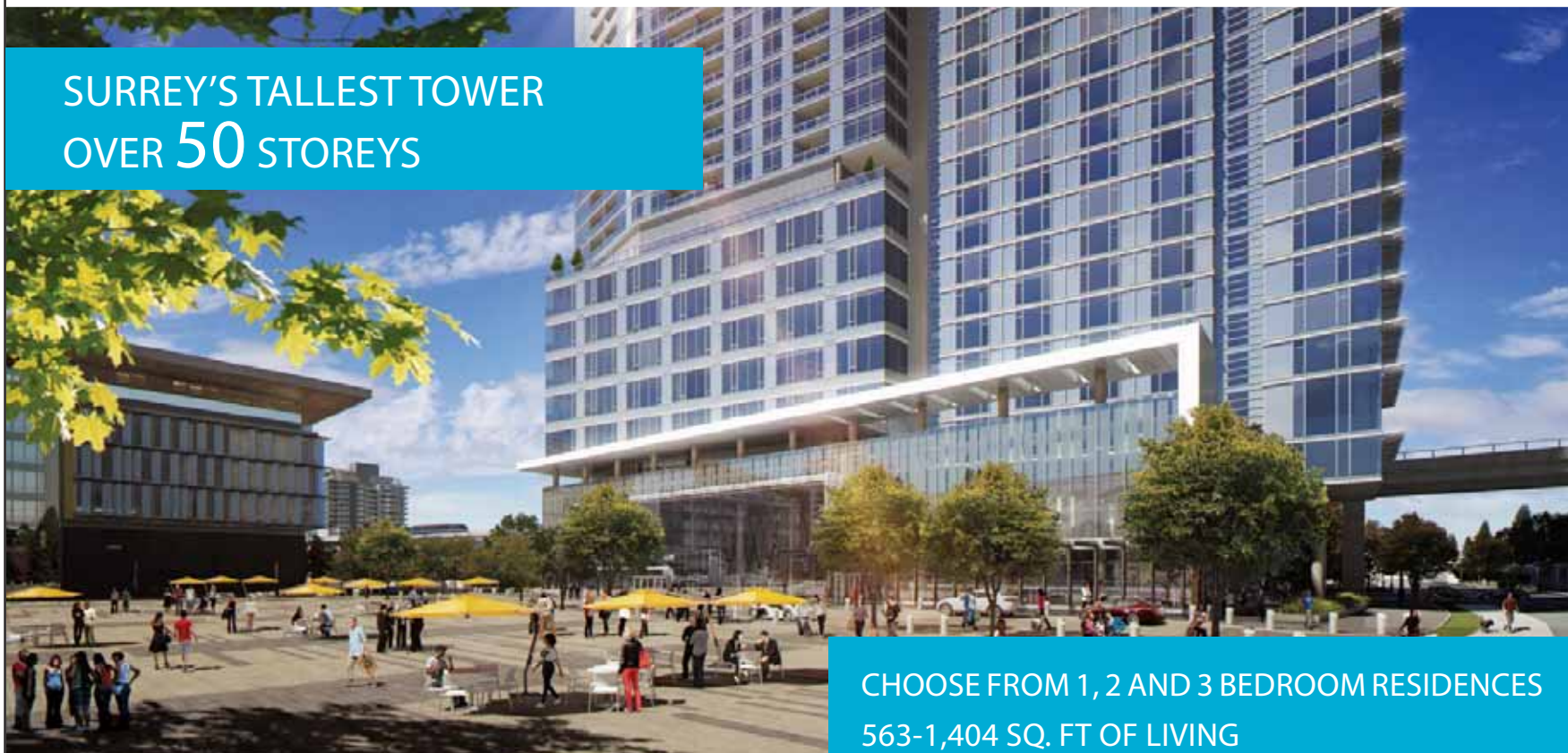
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What they're asking



The modern suburban home is made for those who relish the luxury of open space, manicured lawns and quiet, safe streets conducive to raising a family. Metro looks at detached, newer, resale houses in subdivisions outside of town. **Duncan McAllister** FOR METRO



\$898,000

Vancouver

For sale is a two-storey, wood-frame house at 232 Hume St., in the suburb of New Westminster, near Vancouver. The five-year-old, custom-built home sits on the largest lot on the block, in the Queensborough subdivision. It has a unique floor plan replete with modern features. There are three bedrooms upstairs and one bedroom downstairs, with the kitchen and family room overlooking the living area. There's an approved, two-bedroom rental suite with monthly income. There's also back-lane access with a detached double garage. The listing agent is Lance Hughs with Re/Max Progroup Realty, 604-943-8080.



\$979,000

Halifax

Here's a custom home in the sought-after Fairmount subdivision. Built in 2007, it has five bedrooms and five bathrooms. Boasting 5,300 sq. ft. of living space, the house features upgrades, large windows, vaulted ceilings, crown mouldings and Brazilian Jotoba hardwood floors. The family room has a propane fireplace and garden doors lead to a back patio. Upstairs, the master bedroom has a private balcony, and a large ensuite. Listing agent is Russ Manderville from Keller Williams Select Realty, 902-229-0650.



\$1,179,900

Calgary

Aspen Woods is one of Calgary's most desirable suburbs in the southwest, and Looma Homes built this detached home in the area in 2014. It's a two-storey walkout featuring views to the south, with 3,142 sq. ft. of living space. The main floor is open and bright, with a den and a large, formal dining area. The upper level has three bedrooms, and a bonus room that could easily be converted into a fourth bedroom. Tim Lind is a sales representative for Re/Max Real Estate (Mountain View), 403-333-0837.



\$539,900

Ottawa

Morgan's Grant is a suburban neighbourhood just outside of Ottawa, where this four-bedroom home sits on one of the area's finest crescents of large homes. The house features spacious principal rooms, a striking foyer, two family rooms, plus an open, finished recreation room. There's cherry flooring on the main floor, marble in the powder room, foyer and laundry, and imported Italian tile in the kitchen. Listing agent Geoff McGowan is a sales representative with Re/Max Affiliates Realty, 613-216-1755.



\$439,900

Winnipeg

Here's an example of a three-bedroom, four-bathroom home in the Sage Creek community in southeast Winnipeg. This is a custom-built Broadview home that has an attached garage. The upstairs of the house features a large loft family room area, and French doors that open onto the master bedroom. What's more, the property has a professionally landscaped backyard with a garden shed and fire pit. Listing agent is Darryl Walsh, a sales representative with Royal LePage Dynamic Real Estate, 204-297-0860.



\$447,000

Edmonton

Here's a bright, two-storey home in the Seccord suburb of Edmonton, with an open-style floor plan and modern finishings. There are three bedrooms, two and a half bathrooms, a finished basement and a double attached garage. The great room offers hardwood floors with a fireplace. The chef's kitchen has a large island with an eating bar, granite counters and lots of cabinetry. The backyard is landscaped and has a large deck. Bill Bhamra is a sales representative with Liv Real Estate, 780-707-2673.

Jake Virtanen showing improvement on the farm

CANUCKS PROSPECTS REPORT

Bruiser has earned a larger role with AHL's Comets



Cam Tucker
Metro | Vancouver

There was no need to rush Jake Virtanen.

Earlier this month, in the days after his recall to Utica, Comets head coach Travis Green had a plan to eventually get Virtanen, the sixth overall pick in last year's NHL draft, into game action during the AHL post-season.

The move was accelerated due to an injury to minor-league veteran Carter Bancks.

Since then, Virtanen, the first-ever draft choice in the Jim Benning era, has appeared in four games. He has yet to score or register a point. But the Abbotsford product has already earned a larger role, bumped to a line with Sven Baertschi and Alex Friesen.

That trio could remain intact when the Comets meet the Grand Rapids Griffins on

Thursday in Game 3 of the AHL Western Conference series, which is tied 1-1.

"He hasn't dipped his toe in the water," said Green on Wednesday. "He's jumped right in."

Canucks fans have circulated multiple short-length video clips via social media of Virtanen dishing out devastating hits during his brief time with the Comets.

"He has a knack for finding hits. You can't always teach that," said Green.

Green spoke highly of Virtanen's power in his skating, one of his strongest elements heading into the draft.

The Canucks wasted little time bringing Virtanen aboard last year.

He had just completed a 45-goal, 71-point season with the WHL's Calgary Hitmen.

The intrigue within the local fan base is palpable.

Virtanen, who played for Canada's world junior team that struck gold in

January, can skate and he can hit. He has a strong shot. He's shown he can score at the junior level.

Coming off major shoulder surgery that limited his participation in the prospects tournament and training camp to on-ice workouts without any



Selected sixth overall in last year, Jake Virtanen was the first draft pick in the Jim Benning era.

MITCHELL LEFF/GETTY IMAGES

contact, his goals-per-game pace declined this past season compared to his draft year — he did finish this season with 1.04 points per game, compared to a point per game from his 2013-14 season — and that

has already prompted healthy debate about his potential ceiling as an NHL player.

Virtanen was assigned to Utica on May 4, but didn't see his first game action for two weeks. Through four games,

Virtanen produced seven shots on net.

"I didn't want to throw him (into the lineup) just because," said Green. "Steadily, you can see him feeling more at ease, more confident."

CFL

New-look Lions set to kick off camp

At last count Wednesday evening, the B.C. Lions had 79 players on their roster, with training camp in Kamloops scheduled to begin Sunday.

Rookie mini-camp gets underway Thursday. It is then the evaluation process for first-year Jeff Tedford will enter a more rapid phase. With the number of players that could be at camp, competition for jobs could be fierce, especially after the way the Leos ended last season.

Change feels like a recurring theme for Vancouver's sports teams the last few years.

The Lions experienced this last November, when they were punted unceremoniously out of the playoffs in a disastrous loss in the East semifinal. Mike Benevides was fired as head coach. Tedford was officially hired right before Christmas.

At quarterback, the usual question surrounds Travis Lulay. Will his right shoulder, which has been injured in three straight seasons, be ready to go when camp begins?

It's behind him in the quarterbacking depth chart where the most intriguing battle will take place. John Beck and Travis Partridge are back from last season.

But the Lions currently have seven quarterbacks on their roster, and that's not including Jordan Rodgers, who informed the team this week he won't attend the camp. CAM TUCKER/METRO

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'Hawks going back to Cali

NHL PLAYOFFS

Chicago pushes Anaheim to limit in Western final

Duncan Keith had three assists and saved a goal in the third period, and the Chicago Blackhawks beat the Anaheim Ducks 5-2 on Wednesday night to force a Game 7 in the Western Conference final.

Brandon Saad, Marian Hossa and Patrick Kane scored in the second to help the Blackhawks hand the Ducks their first regulation loss of the playoffs. Andrew Shaw had two goals in the third, and Corey Crawford finished with 30 saves.

The Blackhawks improved to 31-0 when leading after two periods and erased some of the sting from Monday night's 5-4 overtime loss.

Patrick Maroon and Clayton Stoner scored for the Ducks, and Frederik Andersen made 18 saves.

Anaheim caught a break when Jakob Silfverberg brushed up against Crawford's glove on Stoner's first goal of the playoffs at 1:57 of the third, trimming Chicago's lead to 3-2. There was no call on the play and Crawford threw up his hands in exasperation



The Blackhawks celebrate Brandon Saad's second-period goal on Wednesday night in Chicago. GETTY IMAGES

after Stoner's big slap shot went into the net.

But Crawford quickly put the play behind him, hanging tough while the Ducks made a frantic push for the tying goal. He got some help from Keith when the two-time Norris Trophy winner swept a shot away from the goal line about 3-1/2 minutes into the period.

Shaw finally got the Blackhawks some breathing room

GAME 6 In Chicago



when he beat Andersen with a nifty backhand high into the net with 3:32 left. Andrew Desjardins made a nice hustle play to get the puck over to Shaw for his third playoff goal.

Shaw then added an empty-netter in the final minute as Chicago improved to 7-1 at home in the playoffs.

The Blackhawks' biggest stars stepped up during a key stretch in the second, led by another terrific all-around performance for Keith. Shaking off the Ducks' plan to wear down Chicago's top four defencemen, Keith had his fourth multipoint game of the playoffs.

The team with the first goal has won each of the first six games in the series.

Chicago will have a chance to put last year's Game 7 loss in the West final against the Kings to bed on Friday night in Anaheim.

THE ASSOCIATED PRESS



NBA PLAYOFFS WARRIORS THROUGH TO FINALS Warriors guard Stephen Curry drives past Houston Rockets centre Dwight Howard on Wednesday night in Oakland. With a 104-90 win, Golden State closed out the Western Conference final in Game 5 and booked a spot in the NBA Finals where they'll face the Cleveland Cavaliers. EZRA SHAW/GETTY IMAGES

MEMORIAL CUP

Oceanic stay alive with win over hosts

Philippe Desrosiers made 27 saves and the Rimouski Oceanic beat the host Quebec Remparts 4-0 on Wednesday night to stave off elimination in the Memorial Cup and force a tiebreaker game.

Michael Joly had a goal and three assists, and Justin Samson and Chris Clapperton also scored for the Quebec Major Junior Hockey League champion

Oceanic.

The Oceanic (1-2) and Remparts (1-2) will play Thursday night for a semifinal spot Friday night against the Western Hockey League champion Kelowna Rockets (1-2). The semifinal winner will face the Ontario Hockey League champion Oshawa Generals (3-0) in the final Sunday.

THE CANADIAN PRESS

WORLD CUP

Officials say tournament won't be tarnished

The FIFA corruption scandal won't tarnish the Women's World Cup, say the Canadian Soccer Association and Canada's sports minister.

Swiss prosecutors opened criminal proceedings into FIFA's awarding of the 2018 and 2022 World Cups Wednesday.

News of the criminal investigation comes 10 days before the Women's World Cup kicks off. The 24-team tournament runs through July 5 in Edmonton, Vancouver, Winnipeg, Ottawa, Montreal and Moncton.

The CSA, which doubles as the World Cup's national organizer, said in a statement that it was "extremely disappointed by today's developments and welcome and support all efforts to eliminate this type of behaviour in the sport."

The CSA said it would make no further comment.

Federal Sports Minister Bal Gosal, meanwhile, said he's confident that Canadian soccer authorities won't be

pulled into the criminal investigations into FIFA executives and that the World Cup will be a success.

Gosal called the allegations terrible, but an internal matter for FIFA's executive.

THE CANADIAN PRESS



Bal Gosal
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Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 single boneless chicken breasts
- 1 cup mashed ripe avocado (1 large or two small)
- 3 Tbsp chopped cilantro
- 2 Tbsp reduced-fat mayonnaise
- 2 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- 1 tsp finely chopped garlic
- 4 tsp lemon or lime juice
- Salt and pepper
- 1/2 cup diced ripe mango
- 1/2 cup finely diced red bell pepper

Directions

1. Grill the chicken breasts, just until cooked or temperature reaches 160 F, approximately 10 minutes. Keep covered while preparing guacamole.

2. For guacamole, combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice and salt and pepper in a small bowl.

3. Slice each chicken breast on an angle, set on a serving plate, add guacamole down the centre and garnish with mango and red pepper.

Nutrition per serving (recipe serves 6)

- Calories 162
- Protein 26.4 g
- Carbohydrates 1.8 g
- Total fat 5 g

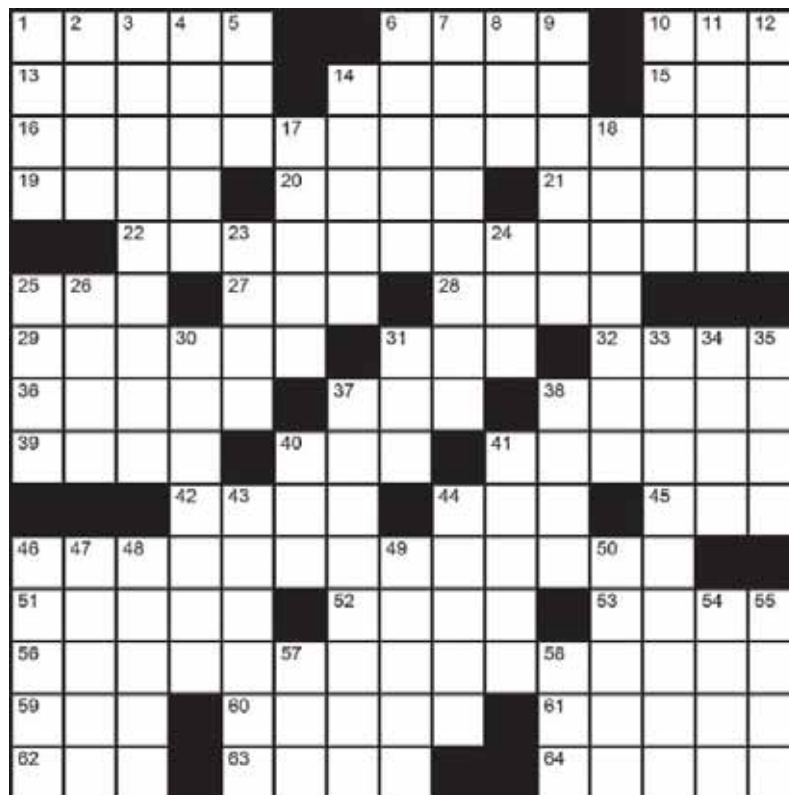
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Actress Cheryl, and surnamesakes
6. Seaport of Yemen
10. Musician's trophy, e.g.
13. Self-mover's rental
14. GNR hit: "Sweet Child ___"
15. 13th Greek letters
16. Place for shoppers to hunt for deals: 2 wds.
19. Aleutian island
20. Woodworking wedge
21. "Sugar is sweet and ___ you."
22. "The Littlest Hobo" theme song: 2 wds.
25. Leandro's beloved
27. Grad-to-be, briefly
28. Faux pas
29. Map's travel lines
31. Medicine watchdog in The States [acronym]
32. Agnus ___ (Mass prayers)
36. Lay to rest
37. Headshakes
38. Bandleader Mr. Goodman
39. Madeline of comedies
40. Atop, in poetry
41. Steve of "The Office"
42. Unfeeling
44. "The Fresh Prince of ___ Air"
45. "Headache" in French, ___ de tete
46. Moncton is Canada's first official



- one: 2 wds.
51. Broker
52. CCR tune
53. "Assuming that's true...": 2 wds.
56. Alberta/Montana: ___ International Peace Park
59. Nero's 56
60. Desert visions

61. Canadian band, The ___ MacNeils
62. Arrange
63. "___ I say, not..."
64. Beer mug

DOWN

1. Montreal-born songstress
2. At the drop of

- ___ (Fast)
3. Locale on Halifax Harbour
4. French explorer in Canada, Pierre ___ de Monts
5. Patty Hearst's kidnappers [acronym]
6. Scope
7. Charli XCX's current

- song collaboration with #18-Down
8. Nav. rank
9. Hollywood's Liam
10. Approaching, archaically
11. Canadian writer Alice
12. In ___ (Upset)
14. "___ Majesty's Se-

- cret Service (1969)"
17. Paperback numbers
18. Record producer, Giorgio ___ (Trivial He produced most of Donna Summer's hits)
23. Flanders river
24. Onetime bird
25. Mr. Estrada
26. Minister of Health Ms. Ambrose
30. Start of a count-down...: 2 wds.
31. 'F' in FWIW
33. Shots from the other side: 2 wds.
34. "To Live and Die ___" (1985)
35. Word segment [abbr.]
37. Strix ___ (Great Gray Owl, fancy-style)
38. "Road to ___" (1952)
40. Texter's "No! Way!"
41. Mr. B. DeMille
43. Pathless
44. Skyline components, for short
46. Wails
47. "___ already." (Reply to a donation request)
48. Rolling Stones album: "___ Bleed"
49. Top-notchers
50. Certain CFL-er, curtly
54. Bandar ___ Begawan (Brunei's capital)
55. Port city of Algeria
57. Universal principle
58. Stomach muscles, commonly

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A change in your social or professional standing is likely, but will it be a change for the better or a change for the worse? If you are offered something new but slightly scary ... go for it!

Taurus April 21 - May 21
You can turn a minor success into a major triumph today, simply by letting others help you complete what you started. Don't let pride of creation or ownership stop you from sharing your good ideas.

Gemini May 22 - June 21
Don't waste time worrying about something that is about as likely to happen as the Sun rising in the west. The planets warn you are wasting time and energy fretting.

Cancer June 22 - July 23
Try not to criticize a colleague for what goes wrong today, even if it is clearly their fault. Most likely they will feel even worse about it than you do, so let them know you don't blame them.

Leo July 24 - Aug. 23
Something you are working on may look complicated but actually it is really quite simple. Talk to someone who knows what they are doing in this area and before long you will be as big an expert as they are, maybe bigger.

Virgo Aug. 24 - Sept. 23
It never hurts to be careful but there is a fine line between caution and outright mistrust and if you cross that line today you may regret it.

Libra Sept. 24 - Oct. 23
You may be tempted to tackle ten things at once today so that you can begin to get on top of your workload again. Set yourself a sensible schedule and tackle just one thing at a time.

Scorpio Oct. 24 - Nov. 22
A colleague may tell you that a job has to be done a certain way but if your instincts tell you otherwise then trust yourself and do it your way. What's the worst that can happen?

Sagittarius Nov. 23 - Dec. 21
Don't commit yourself to anything too strenuous today. Save your energy — physical, mental and emotional — for tomorrow and over the weekend when difficult tasks will be easier to handle.

Capricorn Dec. 22 - Jan. 20
You may have to do something you don't particularly enjoy today but if you knuckle down and get on with it you should finish in good time. More importantly, of course, you must make a good job of it.

Aquarius Jan. 21 - Feb. 19
No matter what interesting events you have lined up for the day you will have to postpone at least one of them so you can help a friend or family member who desperately needs your assistance.

Pisces Feb. 20 - March 20
Don't try to hide your feelings today because others will see right through you. Being such a sensitive soul you are rarely able to disguise your true emotions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★

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